



Good Nutrition from Head to Toe

The food you eat affects every living cell in your body. From providing energy to padding organs, we need food for every part of our bodies.

So, if you're looking for good health, try eating from head to toe...

- **Brain:** Grains fuel your brain with complex carbohydrates.
- **Eyes:** Leafy greens like spinach are full of lutein, which helps prevent macular degeneration.
- **Teeth:** Dairy products provide calcium for strong teeth.
- **Skin:** Fruit provides vitamin C to make collagen that promotes skin elasticity.
- **Bones:** Leafy greens provide vitamin K, known for bone health.
- **Heart:** Oranges are high in potassium, which can help lower blood pressure.
- **Lungs:** Green leafy vegetables like kale contain multiple nutrients that may help prevent lung cancer.
- **Gallbladder:** Oats help bind bile to prevent cholesterol production.
- **Liver:** Fruit provides a variety of antioxidants to protect your liver.
- **Kidneys:** Water helps your kidneys flush out waste products.
- **Stomach:** Citrus fruits and vegetables may inhibit H pylori growth, a cause of ulcers.
- **Pancreas:** Green vegetables like broccoli have antioxidants to protect your pancreas.
- **Small intestine:** Yogurt contains probiotics to keep good bacteria healthy.
- **Large intestine:** Beans provide fiber to aid laxation.
- **Muscles:** Eggs and other high-protein foods provide the building blocks for strong muscles.
- **Legs/Feet:** Nuts and seeds contain magnesium and potassium to prevent leg cramps.

Follow this guideline and you'll be able to say! "I feel great! From my head tomatoes."

Source: Reprinted from Food and Health Communications; Lisa Andrews, MEd, RD, LD

[https://foodandhealth.com/good-nutrition-from-head-to-](https://foodandhealth.com/good-nutrition-from-head-to-toe/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Good+Nutrition+from+Head+to+Toe)

[toe/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Good+Nutrition+from+Head+to+Toe](https://foodandhealth.com/good-nutrition-from-head-to-toe/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Good+Nutrition+from+Head+to+Toe)

www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov