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# Healing Foods Pyramid™

University of Michigan Integrative Medicine Clinical Services  
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For additional information, or to order your copy, please visit our website at: [www.med.umich.edu/umim/clinical/pyramid/](http://www.med.umich.edu/umim/clinical/pyramid/).

## We emphasize:

- **Healing Foods** — Only foods known to have healing benefits or essential nutrients are included
- **Plant-based choices** — Plant foods create the base and may be accented by animal foods
- **Variety & balance** — Balance and variety of color, nutrients, and portion size celebrate abundance
- **Support of a healthful environment** — Our food, and we in turn, reflect the health of our earth
- **Mindful eating** — Truly savor, enjoy and focus on what you are eating