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 taxation.
• 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.”

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

---

**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.**

---

**Stop Germs! Wash Your Hands**

**When?**
- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**How?**
- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.