



## JUDAISM VALUES:

# Nutrition

Today, the majority of Americans are overweight or obese. This is a national public health crisis. Maimonides, a 12th century Jewish doctor and scholar, wrote extensively about the importance of health and nutrition. He recognized the mind-body-spirit connection and believed that, as a critical Jewish value, nurturing your body is also nurturing your mind. To live up to your human potential, you should be intentional about what goes into your body.

“Maintaining a healthy and sound body is among the ways of God—for one cannot understand the Creator if he is ill—therefore one must avoid that which harms the body and accustom himself to that which helps the body become stronger.”

—Maimonides, Jewish scholar and physician  
(Mishneh Torah, Hilchot Deot 4:1)



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# What can you do in your daily life to create a healthy mind-body-spirit?



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- 1. Make incremental lifestyle changes** for better nutrition. Drink water instead of soda, reach for a banana instead of a cookie and take the stairs instead of the elevator.
- 2. Be a healthy food advocate.** Encourage your local schools, synagogues and community centers to limit sugar, salt and fat in their foods.
- 3. Do your research.** Learn how the government subsidizes certain foods, and not others. Visit [farm.ewg.org](http://farm.ewg.org) to learn more.

“Eat Food. Not Too Much. Mostly Plants.”

—Michael Pollan, journalist, activist and author, *The Omnivore's Dilemma*