



THE NEW CONTEMPLATIVE NUTRITION PHILOSOPHY



CONTEMPLATIVE NUTRITION IS AN EVIDENCE-BASED DIETARY APPROACH FOR LIVING IN THE ANTHROPOCENE. IT'S A DIETARY PHILOSOPHY WITH RATIONAL DECISION-MAKING AT ITS CORE.



PRACTICAL
IMPLICATIONS OF
THE CONTEMPLATIVE
NUTRITION
PHILOSOPHY -
THE 5 PILLARS



- 1 FOOD AND OUR PHYSICAL HEALTH AND PERFORMANCE
- 2 NUTRITION FOR OUR MENTAL WELLBEING
- 3 SUSTAINABLE EATING
- 4 ETHICAL CONSIDERATION
- 5 EATING IN THE COMPANY OF OTHERS

"A DIET ISN'T SUSTAINABLE IF IT CAN'T SUSTAIN AN INDIVIDUAL"

JAMES COLLIER, REGISTERED NUTRITIONIST AND CO-FOUNDER OF HUEL, SHARES INSIGHTS INTO HIS CAREER AND NUTRITION PHILOSOPHY IN OUR BLOG



FOR HEALTHCARE PROFESSIONALS ONLY

