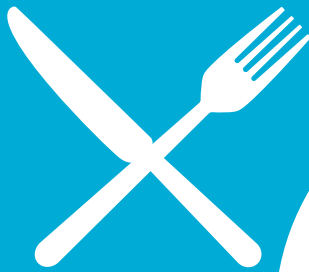


THE PROTECTIVE POWER OF FOOD AS MEDICINE

Food As Medicine interventions remove barriers to better healthcare through access to quality nutrition supports.

improves food security



improves disease
management and treatment



Food As Medicine
is the interface between
health care and nutrition
that leads to better health
outcomes for those facing
food insecurity and
chronic disease.



promotes food safety



supports health and well-being

Food As Medicine Resources

American Heart Association
healthcarexfood.org

**U.S. Department of Health and Human Services,
Office of Disease Prevention and Health Promotion**
odphp.health.gov/foodismedicine

No Kid Hungry - Food As Medicine
nokidhungry.org/food-medicine

Academy of Nutrition and Dietetics
eatrightfoundation.org/resources/food-as-medicine

American Society for Nutrition
nutrition.org/food-as-medicine



Partnering with food access programs and local healthcare providers can make a difference in the overall health of vulnerable populations by providing the food needed to thrive. **To learn more about Food As Medicine, visit alabamapublichealth.gov/npa/food-as-medicine.html.**



In 2022, the National Strategy on Hunger, Nutrition, and Health prioritized the role of nutrition and food security in overall health – including disease prevention and management – to ensure that our health care system addresses the nutrition needs of all people.