In today's employee check-in, we focus on nutrition. Take a moment to think about what have you been putting in your body. Has it been healthy, somewhat healthy, or not healthy at all? In an article on webmd.com, it suggests that America is suffering from a national eating disorder: our unhealthy obsession with healthy eating. The article suggests that food and health can be summed up in seven words: "Eat food, not too much, mostly plants." Here's how: Don't eat anything your great grandmother wouldn't recognize as food. Don't eat anything with more than five ingredients or ingredients you can't pronounce. Stay out of the middle of the supermarket; shop on the perimeter of the store. Don't eat anything that won't eventually rot. It is not just what you eat but how you eat - leave the table a little hungry. Enjoy a meal with others. And finally don't buy food where you buy your gasoline.