

# BYU WELLNESS PROGRAM

HELPING YOU TO BUILD A HEALTHY FUTURE



## Need Nutrition Advice?

By Ana W. Mitchel  
Foods Science & Nutrition

Where can you receive sound nutrition information when you make eating decisions? How do you stay current in an age of limitless information? Do you know where to turn for credible nutrition advice? Magazines, newspapers, and television reports are the primary sources of nutrition information for most consumers. However, more reliable nutrition information is available than ever before, but many sources only contain threads of truth or are completely inaccurate. You must be a cautious consumer of nutrition information. Just because it is in print, on TV and radio, or on the Internet does not make it true. You need to evaluate what you see, hear, and read.

### When do you need nutrition advice?

There are many times you may benefit from nutrition guidance, including:

- ❖ If you are trying to become pregnant or already are pregnant
- ❖ If you are nursing or feeding an infant
- ❖ If you are feeding children, teenagers, or an aging individual
- ❖ If you or your children are involved in sporting activities
- ❖ If you are trying to make any type of weight change
- ❖ If you are trying to change your eating habits to prevent or control a health condition
- ❖ If you are trying to make lifestyle changes to stay fit
- ❖ If you have a question about food safety
- ❖ If you are researching a health claim



### Who is an expert?

Sometimes it is difficult to determine who is a qualified nutrition expert. Real experts have specific academic training and credentials in nutrition. They have degrees in dietetics, nutrition, public health, or related fields, such as medicine and biochemistry from respected colleges and universities.

The initials R.D. for “registered dietitian” mean an individual has completed specific academic requirements in the field of nutrition and has passed a national certification test. Be cautious of the title “nutritionist” or “diet counselor.” In many states the titles are not regulated, meaning that anyone--including people who are not qualified-- can use those titles.

### Where can you find nutrition help?

To find qualified nutrition experts or have nutrition questions and concerns answered, contact:

- ❖ Your local dietetic association, public health department, extension service, or the nutrition department at a local college or university can provide you with excellent information.
- ❖ Your doctor or local hospital can give you a referral to a registered dietitian.
- ❖ The American Dietetic Association’s Consumer hotline (800-366-1655) can provide you with a list of registered dietitians in your area.

### Internet sources for sound nutrition and health information

The Internet has a wealth of information on nutrition topics for consumers. It is an empowered tool that can help people find health information and improve their well-being. Some sources provide accurate information, including:

- ❖ The American Dietetic Association at <http://www.eatright.org>
- ❖ Tufts University Nutrition Navigator at <http://navigator.tufts.edu>
- ❖ International Food Information Council Foundation at <http://ificinfo.health.org>
- ❖ The U.S. Food and Drug Administration at <http://vm.cfsan.fda.gov>.
- ❖ Mayo Health Oasis (of the Mayo Clinic) at <http://www.mayohealth.org>
- ❖ Johns Hopkins Health Information at <http://www.intelihealth.com/IH/ihtIH>
- ❖ Institute for Scientific Information at <http://www.isinet.com>

### Here’s to you

Be well informed about your health. Know where to get trustworthy nutrition information. Use healthy skepticism when you read or hear about something that sounds too good to be true. Your health depends on it!

# March Nutrition Madness

## 3K Fun Walk

**It's Nutrition Month!**  
Come enjoy a walk in the spring air and test your knowledge about fruits and vegetables.

Thursday, March 14, 2002  
11:45 a.m. to 1:00 p.m.

Register during the first half hour in the quad between the SFH and RB.  
Indoor and outdoor routes available.

**New T-shirts!**

# Cholesterol Screening

Register for an appointment online at [www.byu.edu/wellness](http://www.byu.edu/wellness) or call 8-5884.

**Remember to fast for 12 hours prior to your appointment.**

**You may drink water during your fast .**

**Wednesday, March 20**

SFLC Lounge  
7:30 to 10:30 a.m.

**Thursday, March 21**

3211 WSC  
7:30 to 10:30 a.m.

**Friday, March 22**

SFLC Lounge  
7:30 to 10:30 a.m.



Test results will be handed out at a cholesterol information seminar, presented by Dr. Larry Tucker, Ph.D., from the College of Health and Human Performance. He will discuss how to interpret test results and ways to manage cholesterol levels.

March 27, 2002

2:30 - 4:00 p.m.

151 Tanner Bldg.

The last half hour will be left for questions.



## Fruit Soup

Makes 6 servings



- 5 cups orange juice
- 1 cup skim milk
- 3 cups non-fat plain yogurt
- 2 tbsps. lemon juice
- 1 tbsp. honey

- 1/4 tsp. ground nutmeg
- 3 cups fresh, frozen (thawed), or canned fruit, diced and seeded (apples, blueberries, strawberries, bananas, apricots, tangerines, melons, cherries, peaches, or pineapple)
- 1 tsp. mint leaves, crumbled

Combine orange juice, milk, yogurt, lemon juice, honey, cinnamon, and nutmeg in a large bowl. Chill for 2 hours. Stir in fruit, sprinkle with mint leaves, and serve. Makes 6 servings. This is an official 5-A-Day recipe. Nutritional information per serving: calories, 216; percent calories from fat, 3%; total fat, 1g; protein, 8.6g; carbohydrates, 47.9g; dietary fiber, 2.1g; sodium, 93mg; cholesterol, 3mg.