

HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

January 2016

WHERE CAN I FIND RELIABLE NUTRITION INFORMATION?

Looking for Nutrition Information

There are many resources that provide information about nutrition. It can be difficult to know where to start and which sources to trust. Not all resources

are reliable! Reliable information is peer-reviewed. If something is peer-reviewed, it has been examined by a panel of experts.

DIETARY GUIDELINES AND MY PLATE

Dietary Guidelines for Americans

The Dietary Guidelines for Americans is considered the "gold standard" when looking at nutrition. Every five years a panel of university professors review the latest reliable nutrition information and update the guidelines.

Therefore, whether you eat or drink, or whatever you do, do all for the glory of God.
1 Corinthians 10:31

My plate was designed by the United States Department of Agriculture. It is based on the Dietary Guidelines for Americans. It is used to guide people in what they should eat each day. The plate design is thought to make the guidelines easier to understand.

Reliable Resources

- Center for Disease Control and Prevention (CDC)
- The United States Department of Agriculture (USDA)
- The Food and Drug Administration (FDA)
- The World Health Organization (WHO)
- American Diabetes Association (ADA)
- The American Heart Association (AHA)
- The American College of Cardiology (ACC)
- The National Heart Lung and Blood Institute (NHLBI)

Announcements

Cancer Support Group

- February 4
 - Tammy Anderson
 - Advanced Directives
- March 3
 - Betty Allen
 - Topic TBA
- April 7
 - Amie Strongs
 - Lung Cancer
- May 5
 - Amy Clemons
 - Colon & Prostate Cancer
- June 9
 - Jane Sims
 - Massage/Relaxation

We welcome your feedback!

If you ever have a concern that you would like the Health Care Committee to address (referrals, suggestions for educational topics, home visits, etc.) please contact your Parish Nurse, another member of the Health Care Committee (listed on the church website) OR write a comment and place it in Liz's box (on the wall) in the Information Center near the elevator.

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