

## Do You Have Questions About Nutrition?

March is National Nutrition Month

**DNRC**

NATIONAL INSTITUTES OF HEALTH

DEPARTMENT OF HEALTH & HUMAN SERVICES - USA



### Do You Have Questions About Nutrition?

If you have questions about nutrition, you are not alone. You may be concerned about portion sizes or maintaining a healthy weight. You may have questions about diabetes or high blood pressure and how nutrition can help reduce the risk or manage these conditions. You may also have questions about dietary supplements. It is National Nutrition Month, and we encourage you to find answers to your questions today!



Your colleagues at NIH and other agencies within the Federal Government have created many online resources that could help answer some of your questions about nutrition. This March, we have provided a guide that will direct you to some of these websites. For easy access to the links, visit the Division of Nutrition Research Coordination at <http://dnrc.nih.gov> for an online version of this guide.

### Do You Have Questions About Healthful Eating?

Food is something you definitely can't go without, but sometimes deciding what to eat can be a challenge. With your busy schedule, you might find it difficult to sort through all the different advice you hear about eating a healthy diet. For this reason, knowing where to get accurate and quick nutrition information is important. If you are physically active, control your portion sizes, and eat a diet that includes fruits, vegetables, whole grains and low-fat or fat-free milk products, you will be well on your way to a healthy lifestyle. This might not sound easy, but there are many small steps that you can take to help improve your overall diet today.

*Small Steps to Eating Better and Getting More Active*  
[http://www.smallstep.gov/step\\_1/step1\\_index.html](http://www.smallstep.gov/step_1/step1_index.html)

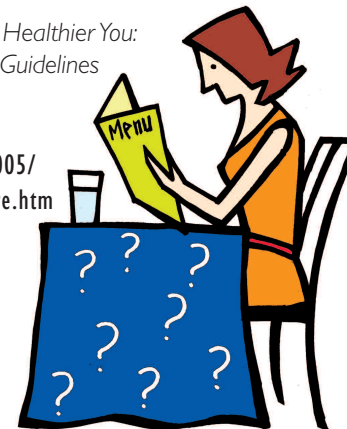
*How to Avoid Portion Size Pitfalls*  
[http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/healthy\\_weight/portion\\_size.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/portion_size.htm)

*My Pyramid and Steps to a Healthier You*  
<http://www.mypyramid.gov/>

*Shopping Guide – What to Look For*  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/shopping.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shopping.htm)

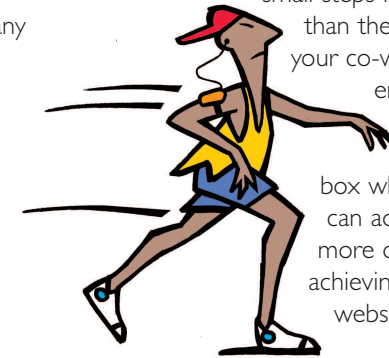
*Eating Right with Food Allergies*  
<http://www.niaid.nih.gov/publications/pdf/foodallergy.pdf>

*Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans.*  
<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>



### Do You Have Questions About Nutrition And Your Weight?

To maintain a healthy weight, you should balance the calories you get from food and beverages with the calories you use to keep your body going and physically active. Finding and keeping this balance over time will help you to maintain a healthy weight. Losing weight is not an easy task, but a good place to start is by reducing calories and moving more. This doesn't mean you have to join a gym or give up sweets altogether. Instead, you might find that small steps like taking the stairs rather than the elevator; walking over to your co-worker's desk instead of emailing or calling, or asking your server to put half your entrée in a to-go box when you eat at a restaurant can add up to big results. For more detailed information on achieving a healthy weight, visit the websites below.



*Calculate Your BMI*  
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

*Aim for a Healthy Weight*  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

*Weight-Loss and Nutrition Myths*  
<http://win.niddk.nih.gov/publications/myths.htm>

*Weight Loss: Finding a Program that Works for You*  
<http://www.ftc.gov/bcp/online/pubs/health/wgtloss.pdf>

*Physical Activity – Frequently Asked Questions*  
<http://womenshealth.gov/faq/exercise.htm>

*Active at Any Size*  
<http://win.niddk.nih.gov/publications/active.htm#activeat>

## Do You Have Questions About Taking Dietary Supplements?

A dietary supplement contains one or more "dietary ingredients" (including vitamins and minerals, as well as herbs, botanicals and other substances). Dietary supplements are labeled as such on the front of the product. They are intended to be taken by mouth as a pill, capsule, tablet, powder, or liquid, but they can also be consumed in other forms. They are not intended to treat, diagnose, prevent, or cure diseases. They are, however, a topic of great public interest. If you have questions about health benefits, safety, or current research, there are a number of websites that can provide you with this information.



*Frequently Asked Questions about Dietary Supplements*  
[http://dietary-supplements.info.nih.gov/Health\\_Information/ODS\\_Frequently\\_Asked\\_Questions.aspx](http://dietary-supplements.info.nih.gov/Health_Information/ODS_Frequently_Asked_Questions.aspx)

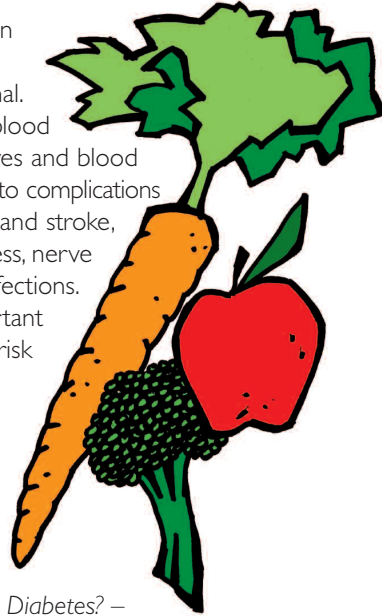
*What's in the bottle?*  
*An Introduction to Dietary Supplements*  
<http://nccam.nih.gov/health/bottle/>

*Dietary Supplement Fact Sheets*  
[http://dietary-supplements.info.nih.gov/Health\\_Information/Information\\_About\\_Individual\\_Dietary\\_Supplements.aspx](http://dietary-supplements.info.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx)

*Dietary Supplements: More is not always better*  
<http://www.niapublications.org/agepages/supplements.asp>

## Do You Have Questions About Nutrition and Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Over the years, high blood glucose damages nerves and blood vessels, which can lead to complications such as heart disease and stroke, kidney disease, blindness, nerve problems, and gum infections. Diet has a very important role in reducing your risk for diabetes as well as managing diabetes. The websites below provide more specific information.



*Am I at Risk for Type 2 Diabetes? – Taking Steps to Lower Your Risk of Getting Diabetes*  
<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/index.htm>

*What do I need to know about Eating and Diabetes*  
[http://diabetes.niddk.nih.gov/dm/pubs/eating\\_ez/Eating\\_Diabetes.pdf](http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/Eating_Diabetes.pdf)

*Diabetes in Older People - A Disease You Can Manage*  
<http://www.niapublications.org/agepages/diabetes.asp>

*Managing Gestational Diabetes*  
[http://www.nichd.nih.gov/publications/pubs/gest\\_diabetes/upload/C.pdf](http://www.nichd.nih.gov/publications/pubs/gest_diabetes/upload/C.pdf)

## Do You Have Questions About High Cholesterol or High Blood Pressure?

Both high cholesterol and high blood pressure (hypertension) can increase your risk for heart disease. What you eat and how much physical activity you get can affect your cholesterol and blood pressure levels. Your body usually makes all the cholesterol you need, but certain foods can add to the cholesterol in your blood. Foods that contain saturated fats, *trans* fats, and dietary cholesterol (which comes from animal sources – meat, dairy products, eggs, and animal fats such as butter or lard) can raise your cholesterol levels. Certain foods can also affect your blood pressure levels. Anyone can develop high blood pressure, but some people have a higher risk. Risk factors include being overweight or obese, not being physically active, eating too much sodium, not getting enough potassium, consuming too much alcohol, and diabetes. For more information, check out the websites provided.



*Cholesterol counts for everyone*  
<http://www.nhlbi.nih.gov/chd/>

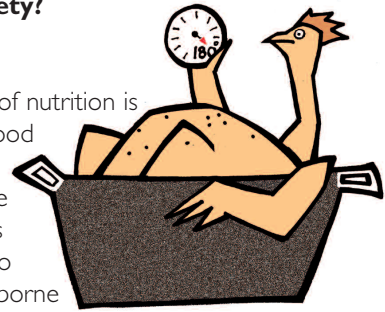
*Your Guide to Lowering High Blood Pressure*  
<http://www.nhlbi.nih.gov/hbp/index.html>

*Keeping Cholesterol Under Control*  
[http://www.fda.gov/fdac/features/1999/199\\_chol.html](http://www.fda.gov/fdac/features/1999/199_chol.html)

*High Blood Pressure in Older Adults*  
<http://www.niapublications.org/agepages/hiblood.asp>

## Do You Have Questions About Food Safety?

A key component of nutrition is ensuring that the food we eat is safe. Did you know that there are four basic steps that you can take to help combat food borne illness? These four simple steps are: *clean, separate, cook, and chill*.



**Clean** Always remember to wash your hands often with hot and soapy water; rinse fresh produce under running water; and clean surfaces (such as cutting boards, countertops, and dishes) regularly.

**Separate** In order to prevent cross contamination, raw meat products should be kept away from fresh fruits and vegetables.

**Cook** Foods are properly cooked when they are held at high temperatures for a length of time considered sufficient to kill harmful bacteria.

**Chill** Be sure you refrigerate (at 40°F) or freeze (at 0°F) perishable, prepared, and leftover foods within two hours of preparation. Although this does not prevent all harmful bacteria, it does help to slow growth. For more detailed information, please refer to the websites below.

*How Should I Cook my Food?*  
<http://www.cfsan.fda.gov/~dms/ftcook.html>

*Food Safety for Pregnant Women*  
<http://www.cfsan.fda.gov/~pregnant/while.html>

*Safe Cooking Temperatures*  
<http://www.foodsafety.gov/~fsg/fs-cook.html>

*Food Safety for Kids*  
<http://www.foodsafety.gov/~fsg/fsgkids.html>