

Resources: Practical Healthy Eating Tips for Your Patients

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1. Each eating occasion is an **opportunity**

- For making healthy choices
- Not to cause guilt – enjoy your food

2. General Healthy Eating Information:

- ChooseMyPlate (USDA): <https://www.choosemyplate.gov/>
 - General (recommendations and tips)
 - Healthy Eating on A Budget
 - Eating Out
 - Portion Distortion
 - Food Safety
- Reading and using the Nutrition Facts Label (FDA)
 - <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>
- Altering recipes
 - [http://oklahoma4h.okstate.edu/foodshowdown/resources/docs/altering%20recipes\[5\].pdf](http://oklahoma4h.okstate.edu/foodshowdown/resources/docs/altering%20recipes[5].pdf)
 - <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047004>

3. Choosing dietary supplements

[http://ods.od.nih.gov/Health Information/Information About Individual Dietary Supplements.aspx](http://ods.od.nih.gov/Health%20Information/Information%20About%20Individual%20Dietary%20Supplements.aspx)

<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm>

In general, some herbal supplements may be beneficial for some people, but should check out safety first

- research: FDA, USDA websites (see websites above)
- purchase from reputable companies to reduce risk of contamination, inaccurate dosing
- inform physician if taking herbal supplement - can interfere with medication

4. Patient education materials for specific medical conditions

- Hypertension – Dietary Approaches to Stop Hypertension (DASH diet)
 - https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf
- Hyperlipidemia – National Cholesterol Education Program (NCEP)
 - https://www.nhlbi.nih.gov/files/docs/public/heart/cho_l_tlc.pdf
- Type 2 diabetes – National Diabetes Education Program (NDEP)
 - <https://catalog.niddk.nih.gov/Catalog/ndep.cfm>

Other Helpful Websites:

2010 Dietary Guidelines

- <https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>
- Includes physical activity recommendations
 - <https://health.gov/dietaryguidelines/2015/guidelines/appendix-1/>

Healthy People 2020: <https://www.healthypeople.gov/>

CDC fruit and vegetable website: <http://www.fruitsandveggiesmorematters.org/cdc-resources/>

5 A Day Program (fruits and vegetables): <http://www.5aday.org/>



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