

The Writer's Balancing Act: Minor Changes for Major Improvements

As a society, we are bombarded with information offering weight loss tips, the wonders of supplements, Vitamin C, Vitamin A, B vitamins, Vitamin D, Calcium, phytochemicals, fish oil and exercise. We've heard about the problems with gluten, GMO's, and food allergies. We struggle with shedding pounds that have crept up over the years and figuring out what foods to trust and who to trust. I have been a Registered Dietitian with a master's degree in Nutrition for more years than I care to admit and teach Human Nutrition at the university level. My goal is to help you discern fact from fiction and leave you with some helpful tips. I'll also periodically share tried and true healthy recipes. Come visit me at: www.KarenVanDenHeuvel.com.

Remember: Always check with your physician before making any changes to your health regimen regardless of whether it is dietary, exercise, or other.

Additional Resources*:

| Name | Description | URL |
|--------------------------------------|--|--|
| MyPlate | Interactive tools. | www.ChooseMyPlate.gov |
| MyPyramid Tracker and Menu Planner | Interactive dietary and physical activity tools | www.MyPyramid.gov |
| USDA | Be Food Safe | www.fsis.usda.gov/Food_Safety_Education/index.asp |
| FDA | Make Your Calories Count, nutrition labeling guidance | www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm |
| U.S. Dept of Health & Human Services | 2008 Physical Activity Guidelines for Americans | www.health.gov/paguidelines/ |
| CDC | Centers for Disease Control & Prevention Division of Nutrition and Physical Activity | www.cdc.gov/nccdphp/dnpa |
| American College of Sports Medicine | Physical activity guidelines | www.acsm.org |
| American Council on Exercise | Physical activity guidelines | www.acefitness.org |
| American College of Sports Medicine | Initiative to incorporate fitness goals as a part of routine medical care | www.exerciseismedicine.org |
| National Institute of Health | Information on weight control, obesity, and nutrition | www.niddk.nih.gov/index.htm |
| National Institute of Health | Complete guidelines for weight management | www.nhlbi.nih.gov/guidelines/index.htm |

* This list is not intended to be a comprehensive list, just a helpful tool to get started.