



www.stthomas.org/wellnesscenter

Resources for Better Nutrition

- 1. Eat at least 5 fruits and vegetables a day.** Eating a diet rich in fruits and vegetables is a great way to reduce your risk for many types of cancers and improve overall health. Learn more at The National Cancer Institute's 5 a Day web-site www.5aday.gov.
- 2. Increase your nutrition knowledge** using the Mayo Clinic Healthy Weight Pyramid Tool at www.mayoclinic.com/health/weight-loss/NU00595.
- 3. Visit the PHD (Personal Health Development) Network web site** for additional nutrition resources at <http://www.activhealth.com>.
- 4. Visit the website for the American Dietetic Association.** Find recipes, nutrition fact sheets, tips, research and much more at www.eatright.org.
- 5. The Nutrition Therapy Department.** Call Lynn Henderson at 369-0907 to make an appointment with a registered dietitian for an **individualized evaluation** and a comprehensive weight management plan that features counseling, dietary changes, and behavior therapy. The Nutrition Therapy Department is located on the 5th floor in the St. Thomas Hospital.
- 6. Visit the web site for The National Institutes of Health** to learn about portion control at <http://hin.nhlbi.nih.gov/portion/>.

Questions? Contact The Wellness Center at 222-2056.