

HOW TO FIND RELIABLE NUTRITION ADVICE

What Is Not A Reliable Nutrition Resource?

Beware of self-proclaimed “nutritionists”, “nutrition consultants”, or health food/supplement store personnel, etc. who give nutrition advice. Only a few states have regulations that limit a “nutritionists” scope of practice. These persons may or may not be qualified, credible sources of information. Also, be skeptical of nutrition advice found online. Some reliable resources exist, but there are far more poor sources of information than good.

What Is A Dietitian?

A registered dietitian (R.D.) and/or licensed dietitian (L.D.) is your best resource for credible nutrition information. A person with the credentials R.D. and/or L.D. has completed specific academic and supervised practice requirements and has obtained national registration by examination. Dietitians are required to maintain continuing education requirements as well.

Where Can I Find Credible Information?

- Contact Lora Williams, MS, RD, LD
(UNT Student Health and Wellness Center’s dietitian)
 - <http://www.healthcenter.unt.edu>
- Check Out These Reliable Online Resources
- The American Dietetic Association: www.eatright.org
- MyPyramid: www.mypyramid.gov

10 TIPS FOR STAYING HEALTHY

1. **Begin with breakfast.** Eat a balanced breakfast every morning.
2. **Get a flu shot.** This is the simplest and most effective way to avoid the flu.
3. **Cover your coughs & sneezes!** Cover your nose and mouth to stop the spread of illness.
4. **Wash your hands!** Keeping your hands clean prevents the spread of germs and bacteria.
5. **Get plenty of sleep!** 7-9 hours of sleep each day is recommended for most college students.
6. **Reduce stress as much as possible.** Take time to unwind and trim unnecessary stressors.
7. **Make time for exercise.** Getting 30 minutes of exercise on at least 5 days of the week can increase energy and reduce stress.
8. **Balance your beverages.** Limit your intake of alcohol and caffeinated beverages. A reasonable

goal is less than 300 mg caffeine daily. Be sure to include 2-3 cups of milk and drink 8, 8oz. glasses of water each day.

9. **Eat a variety of foods from all of the food groups.** Make sure to choose plenty of fruits, vegetables and whole grains. Try to make half your grains whole.
10. **It's all about balance!** To help you stay happy and healthy, set aside enough time for all of the important things in your life.