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In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.

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The Impact of Nutrition on Your Health Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2–19 years are obese. 1 Even for people at a healthy weight, a poor diet is associated with ...

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In addition to eating dairy foods, choosing leafy greens, broccoli, beans and almonds will help you achieve your calcium goals. And for vitamin D, the best food sources include egg yolks, milk fortified with vitamin D, and fatty fish (think salmon, tuna and mackerel).

What Should Your Diet be like at 50+?

Engage your classroom with health lesson plans, activities, and nutrition worksheets that inspire and inform your students. Teach them about illness, exercise, and balanced diets so they have the knowledge to make healthy choices.

Health & Nutrition Lesson Plans, Worksheets & Activities ...

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Mediterranean diet for heart health - Mayo Clinic

Diets that emphasize vegetables and fruits, low-fat dairy foods, moderate amounts of whole grains, fish, poultry and nuts, show positive health outcomes, studies show. Worldwide, people are living ...

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