

## **Eat Smart Newsletter Archive**

**Listed From Newest to Oldest Newsletter Published**

Oxygen: The Real Power Behind Food  
Switch Your Brain to Healthy Eating  
Brain Foods Kids Love!  
Acidic vs. Alkaline Foods, Does it Matter?  
Eat Local to Boost Food System  
Food For Thought  
Nutrition and Fertility  
National Nutrition Month 2019  
Got Milk? Compare Your Options  
Dad's Influence on Kids' Eating Habits  
The Life and Death of Fat Cells  
FDA Bans 7 Synthetic Food Flavorings  
Winter is Coming!  
Pump It Up With Plant-based Protein  
Eat Smart With Flavonoids  
"Bioengineered" Labeling Proposal  
Food Swamps  
The Mind Diet  
Could You Be Iodine Deficient?  
Changes to Food Label  
Pulses Can Be Dietary Gems  
Special Holiday Edition: Talk Turkey!  
Diabetes Awareness and Prevention Activities  
Good Gut Feeling  
How to Waste Not  
Meatless Mondays!  
Become a Farmers Market Fanatic!  
Time to Get (Ce)real  
Put Your Best Fork Forward  
The Bad, the Ugly, and the Goof for Heart Health  
Improve Your Eating Habits: Reflect, Replace, Reinforce  
Whole Foods For the Holidays  
Breakfast in the Classroom for All!  
Back to School...What's for Lunch?  
Eat Fresh, Eat Local Support Your Local Farmers!  
Keep Calm and Stay Hydrated!  
See No Evil, Smell No Evil...Is it Still good to Eat?  
Sugar on the Brain and Academic Success  
Recommending Healthy Eating My Not be Enough! Consider Environmental Nutrition!  
Lifestyle Choice: A Journey to Sensible Nutrition  
The Relationship Between Stress and Nutrition

Healthy Eating Made Easy-Removing Barriers  
Going Gluten Free- First Ask Why?  
Intentional Mealtimes  
Kids' Healthy Relationship with Food  
It's Summer- Think Greens  
Fermented Food "Fad"  
Go Screen Free May 3-9: Unplug and Play  
Nutrigenomics- Food for Health  
Nutrition Tips for Busy Parents  
Use Good Nutrition to Reduce Alzheimer Risk  
Food: Too Good To Waste  
Another Reason to Avoid Soda- Your Skin  
Freezer Smarts You Might Not Know  
School Lunch 2014: Making a Difference  
Safe and Healthy Grilling  
The Perfect Cup of Tea  
Unplug and Play 2014  
Protein: Too Little/Too Much? Do You Have the Right Balance?  
Food Additives  
Label Makeover Finally on Horizon!  
The "Me, Too" Syndrome. Is Obesity a Social Disease?  
BMI Measurements May Be Used to Help Children Grow Up Healthy  
Nailing the Coffin Closed on Trans Fat  
Food Allergy or Food Intolerance: Do I Have One? How to Tell  
Eat Smart to Help Reduce Depression  
To Eat or Not To Eat? Salmon: Wild vs. Farmed  
Simply Spice Up Your Life  
Juggling Dietary Fats  
Bringing Cooking Back Into Style  
Evening Snack Attacks...  
What Does "All Natural" Mean?  
Organic Pest Control 101  
Organics, Pesticides and You!  
To Help Your Child Grow Up Healthy...5,2,1,0  
Fit-Nut  
Healthy Eating in a Media World  
Healthy Parenting in a Less Than Ideal Food Environment  
Winter Weight Got You Weighted Down?  
Vitamin D and Garbage Collection  
Smart Starts for a Healthy 2013!  
Think Zinc!  
Cooking It Up For the Holidays  
Putting Potassium Back in Our Diets

Marvels of Magnesium  
Oh My Omegas  
We All Need Mineral for Health: Macrominerals & Microminerals  
Beginning the Conversation with Kids- Weight In A Healthy Way  
Leucine Helps Build Muscle and Prevent Loss  
The Power of Protein to Control Appetite  
Eat Smart for Eyesight  
Choosing Milk? So Many Varieties!  
Questioning Food Additives?  
Food Safety in the Kitchen  
Is Thirst Enough?  
Unplug and Play 2012  
The Supermarket Jungle  
Tame the Sugar monster that Lives At Your House!  
Mindfulness and Stress Reduction Battle Weight Gain  
Thinking About Becoming a Vegetarian? Points to Consider  
Family Mealtimes Work magic  
Why BMI?  
Enough is Enough! Don't Buy Supplements Mindlessly  
Winterize Your Health  
Don't Forget About Me! Children With Special Needs May Have Weight Disparity  
Why Worry About Listeria?  
Teen Health on the Line  
Don't Play Hooky from Breakfast  
"My Child is a Picky Eater"  
What's New About Whole Grain Goodness?  
Bake Your Cake and Eat it, Too!  
Beat the Heat! Summer Food Safety  
Father's Are A Big Influence on Kid's Food Choices  
The New Food Pyramid is a Plate!  
Calories count, Even if You Don't Count Them!  
Avoiding Nutrition Sabotage in the Workplace  
Eating Smart For Life  
Unplug and Play! 2011 April 18-24  
Cutting the Salt Practically  
Understanding Diabetes Differences  
Fruits for Fitness  
Stop Diabetes Before It Starts  
What's the Big Deal? Obesity Trends  
February is American Heart Health Month  
How Safe Are Supplements?  
A Little Less Talk, A Lot More Action!  
Ring in the New Year with Spoonfuls of Health

Not My Kids! Consuming Empty Calories  
The "D" Lightful Nutrient  
Let's Talk Turkey About Health  
Giving Back: Smart Holiday Food Donations  
Appetite- What do Hormones Have to Do With It?  
Pumpkins, Mazes and More  
Are You Chicken About Eggs? Be Eggstra Safe!  
Enjoy Eggs Safely  
Food Choices and School Success  
Plan for the Best, Prepare for the Worst!  
Early Paternal Efforts Fit The Bill  
The Poetry of Salads  
Milk: It may be our first food, but is it really good for us?  
High Blood Pressure Linked to HFCS  
Feeding Preschoolers- Don't Use the "B" Words  
I Love TV, What's It Doing To Me?  
I Love TV, I Love This Food  
Gaining a Competitive Edge Through Nutrition  
Healthy Employees = A Healthy Bottom Line  
Where Has All The Fat Loss gone?  
Sleep Starvation Linked to Hunger  
Be Screen Smart! Unplug and Play! Scree Free Week April 29-25, 2010  
A Fishing Affair  
From the Ground Up! National Nutrition Month  
During Pregnancy: No Alcohol...Not Even A Drop  
Ready For A makeover? Nutrition Labels  
Cut the Salt & Up Your Life Expectancy  
Foods To Sleep By  
Any Science Behind Acai Claims?  
Pop it up!  
Why Choose Density Over Energy?  
Kids' TV Junk Food Ads Gone Wild  
What's Salt Intake Got to Do With Bone Density?  
Mindful Holiday Eating  
Feast on Fiber To Trim Holiday Waistlines  
Protect the Aging Brain Through Nutrition Strategy  
What We Eat, How We Feel  
Frightfully Fun and Healthy Halloween  
Unhealthy Economy, Healthy Eating  
Communities Supporting Breastfeeding: How You Can Help  
Vitamin D Link to Autoimmune Diseases  
When to Buy Organic?  
Additives: What's In Your Kid's Lunch Box?

Obesity- The Elephant in the Room  
Why Unplug and Play? Fall Screen Free Week: September 21-26  
Modify Nutrition as You Age  
Munch Your Way to a Good Mood  
Vitamin D Levels in Children  
Breastfeeding - A Lifeline in Emergencies  
No Clowning Around, Vitamin D's Role is Profound  
Pregnancy and Nutrition: A Balancing Act  
Parenting to Prevent Obesity  
Healthy Home Food Environment  
Lasso Overeating Triggers  
Cereal Super Sleuth  
Energy Drinks Exposed  
Sodium-City Blues  
Stevia-Sunflowers-And Sweeteners  
Help Prevent Teen Depression Through Good Nutrition  
Psyllium is Not Such a Silly Choice  
Artificial Sweeteners  
Fiber Friendly Nutrition  
Emergency Food and Water Supply: Don't Get Caught Unprepared  
No, Virginia, You Can't Get Swine Flu from Eating Pork  
Added Sweeteners  
Shelf-Life Dating: Know Where You Stand  
Why Unplug and Play? Scree Free Week April 20-26  
The Truth About Food "Shelf Life Dating"  
Go Green: Gardening With Kids  
Go Green in Your Kitchen  
Beware of the Interesterified Bogeyman  
Good Fats-Bad Fats-Best Fats  
Prepare and Eat More Meals at Home  
National Nutrition Month March 2009  
Michelle Obama Campaigns Against Childhood Obesity  
Pursuing Probiotics  
Too Many Calories in Children's Meals  
Heart Healthy Eating Habits  
Singing Notes of Praise for Beans  
Be a Winner By Hosting A Healthy Super-bowl Party  
Men's Nutrition: A Guy's Issue  
Supporting What's Best for Babies, Moms, and Communities  
Nutrition Wisdom for the New Year!  
Building Bridges to Nutrition Excellence  
Running on Empty-Fueling our Reserves  
Eat Smart "Only the Turkey Should be Stuffed!"

Getting Kids to Eat Their Fruits and Veggies  
The Making Of A Healthy Heart  
Getting Rid of Plaque  
Tapas: Turning traditions from Spain into a healthy, balanced meal at home  
Tackling the Monstrosity of Cholesterol  
Healthy Halloween  
Hunter's Challenge  
Natural Food Colors Everyday: The Whole-Food Way  
Calcium is Complex  
Back to the Future Eating  
What's For Lunch? Pack Those Lunches for healthy, Enjoyment and Energy  
"Promote Healthy Eating in the Workplace"  
Artificial Food Dyes Linked to Behavior Problems  
"Kids at the Supermarket"  
Buy Locally to Save Fossil Fuels  
Eating Smart at the County Fair  
Tomatoes are Tops for Lycopene  
Orthorexia- Health Food Junkies  
Boosting Metabolism with Diet and Nutrition  
Whole Grains Versus Refined  
Caffeine: Truths and Myths  
9 Ways to Eat Healthy While on Vacation  
The Essentials about Vitamin D  
Healthy Eating Pyramid  
Food Banks Feel Pinch of Rising Food Costs  
School Nutrition Policies Can Prevent Obesity  
Local Food is Good Food: Finding local food in the Garden city- or any city  
Food that's Best for Your Body and for the Earth  
MyPyramid Menu Planner: useful online nutrition guidance tool  
Meeting Recommendations for Fiber  
The Truth about Fad Diets  
The Truth about Late Night Eating  
Myth: Snacking is Bad for You  
The Truth about Coconut Oil  
March is National Nutrition Month  
Dine Out Smart This Valentine's Day!  
Dietitians' Top 7 Nutrition Tips  
February is American Heart Month  
ONQI Food Rating System  
Drinking Our Way to Obesity  
Keeping Sight of Your New Year's Resolutions  
Food, Nutrition, Physical Activity and the Prevention of Cancer: The Second Expert Report  
FDA Hold Hearing on Reducing Sodium content of Processed Foods

Antioxidants: Why they're so good for us and where to find them  
10 Tips for a Healthy Thanksgiving  
5 Reasons to Start Your Day with Breakfast  
CATCH Program: Promoting Physical Activity and Healthy Food Choices in our Schools  
7 Survival Tactics for the Halloween Sweet Season  
Omega-3 Madness  
Are You a Smart Shopper?  
5 Healthy Food Trends worth Watching  
100 Calorie Snack Packs- Yay or Nay?  
HFCS-free' Emerging as new Health claim, Says Data monitor  
FDA Considers Nation-wide Food Labeling System  
Food, Fitness and Cancer: What's the Connection?  
Institute of Medicine School Food Recommendations Should Be Law of the Land, Says CSPI  
2007 Consumer Food and Health Survey Findings: The Sex "Diet Disconnects"  
Study: Early Diet Advice for Kids Sticks  
Spotting Sugar 101: Added Sugars  
Low Glycemic Index Diets Help Obese Lose Weight  
Diet and Regular Soft Drinks Linked to Higher Cardiovascular Risk  
2006 Smart BRFSS Data and Prevalence Tables and 2006 BRFSS Maps Now Available  
Early Release of Obesity Data: Prevalence of obesity among adults aged 20 years and over:  
United States, 1997-2006