

Community Health Coalition, Inc.

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Healthy People
2020

Improving the health of Durham
& NC communities since 1989

March 24, 2013

HEALTHY SUNDAY TOPIC: NUTRITION AND DENTAL HEALTH



Veronica Ray, MD

Veronica Ray, MD, Internal Medicine at Lincoln Community Health Center states, “A healthy nutritious diet is essential to lower your risk for many diseases, including heart disease and cancer. But it’s not all about calories and portion control (although that’s part of it); in other words, going on a diet doesn’t necessarily mean you’re eating foods that will be healthy for your heart. A healthy diet centers on cutting unhealthy fats and cholesterol, adding fiber, a large variety of fruits and vegetables, and whole grains, nuts and legumes”.

Eat more fiber - Fruits, vegetables, whole grains, beans, fruits with skin, berries and vegetables are all high in fiber. Fiber reduces the risk of colon cancer and helps digestion.

Limit high glycemic load carbohydrates-foods made with white flour or sugar, can cause undesirable spikes in blood sugars, which leads to higher insulin levels, which leads to inflammatory changes in the body.

Cut back on animal products -they tend to be high in unhealthy saturated fats, instead focus on plant sources of protein like whole soy and other legumes.

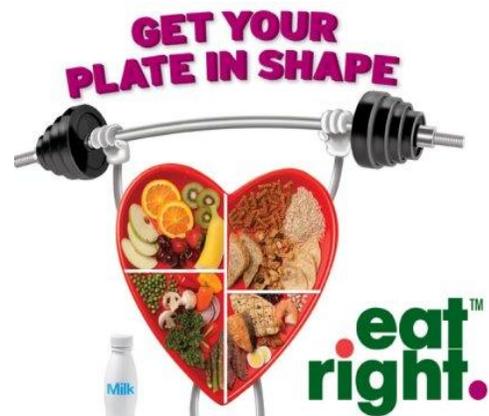
Season with healing spices such as turmeric, ginger and red pepper, which have natural anti-inflammatory activity.

Drink pure water or drinks that are mostly water (tea, very diluted fruit juice, or sparkling water with lemon) throughout the day.

Avoid hydrogenated vegetable oils, which contain trans fatty acids, known to clog arteries

Read labels and ingredient lists to find hydrogenated oils and trans fats (many packaged foods contain these harmful fats). Also include other healthy fats including monounsaturated fats (contained in extra virgin olive oil

Eat more fish. Aim for two to three times a week, especially cold water fish such as salmon, tuna, mackerel, herring, sardines, rainbow trout, halibut and swordfish, which are rich in omega-3 fatty acids.





Edward Clemons, Jr. DDS

Edward Clemons, DDS, General Dentistry with a personal touch practice in Durham, NC says, “taking in and assimilating food is directly related to one’s dental hygiene. To be able to eat, properly chew food and swallow one must have healthy strong teeth. If your teeth are weak, loose, hurting, or missing, the quality of your swallowed food is affected, which in turn affects your digestion, which in turn affects your nutrition.”

God gave us 32 teeth to properly chew up food, swallow and allow the stomach to digest this food for its nutritional value. But, if any one of these processes is lacking, the body’s nutrition can be affected.

Therefore, to have good nutrition, you need good dental hygiene, which includes:

- Brushing
- Flossing
- Seeing a dental professional on a regular basis, or twice a year for a dental

Remember:

- Poor nutrition can come from poor digestion
- Poor digestion can come from poor chewing ability
- Poor chewing can come from poor dental health
- Poor dental health comes from poor oral hygiene



Remember your ABC’s:

Always the right nutrition, **B**rush teeth after meals, and **C**heckups



For More Information on Nutrition and Dental Health:

North Carolina Dental Health Fund

www.ncdental.org 919-677-1397 (dental health for the underserved)

National Dairy Council

www.nationaldairyCouncil.org (800) 426-8271 (8am to 6pm on weekdays)

Shaping America's Youth®

www.shapingamericasyouth.org

Action for Healthy Kids

www.actionforhealthykids.org

Health Tip is a message from your Community Health Coalition, Inc. and is written in partnership with Old North State Medical Society, North Carolina Mutual Life Insurance Company, the Interdenominational Ministerial Alliance of Durham and Vicinity, Central Carolina Black Nurses’ Council Inc., and Durham Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!