EAT WISELY-A FOCUS ON NUTRITION

The Oklahoma City VA Dietitians are excited to share this year’s National Nutrition Month® theme for 2017 which is “Put Your Best Fork Forward”. National Nutrition Month® is a nutrition education and information campaign celebrated annually in March by the Academy of Nutrition and Dietetics (www.eatright.org) By putting your best fork forward, you are reminding yourself that each bite counts. Making just small shifts in our food choices can add up over time. The 2015-2020 Dietary Guidelines for Americans suggest starting with small changes in order to make healthier lasting changes you can enjoy. So whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

Key Messages:
1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate (www.choosemyplate.gov) encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

See more helpful tips to help make the most of your nutrition at : http://www.prevention.va.gov/

***IMPORTANT NUMBERS***

To make things easier we now have one number to call if you are seen at OKC or the North May Clinic.

(405) 456-1000

NEW options are as follows:
#1 – Pharmacy or you can call toll free 1-800-694-8387
#2 – to make, change or cancel an appointment in Primary care, mental health or a specialty clinic; use this also if you are returning a call you received from a clinic
#3 – to speak to a Registered Nurse about any new illness or symptoms you are having
#4 – to apply or determine your eligibility for healthcare
#5 – for billing questions

Primary Care Mental Health
(405) 456-4106

Health Promotion & Disease Prevention Program (405) 456-5489 or (405) 456-3787

Social Work (405) 456-5574

Prosthetics (405) 456-4212

Physical therapy (405) 456-3905

Eye Clinic (405) 456-3909

Audiology Clinic (405) 456-5490

Women’s Health contact information:
Tammy Story, Maternity Coordinator (405) 456-4650
Valinda Shelton, Mammogram Coordinator (405) 456-2540
Low-Salt Choices

Eating salt (sodium) can make your body retain too much water. Excess water makes your heart work harder. Canned, packaged, and frozen foods are easy to prepare, but they are often high in sodium. Here are some ideas for low-salt foods you can easily prepare yourself.

For Breakfast:
- fruit or fruit juice, bread or English muffin, shredded wheat, corn tortillas, steamed rice (unsalted), hot cereal (not instant) made without salt.

Stay away from:
- sausage, bacon, ham, flour tortillas, packaged muffins, pancakes, biscuits.

For lunch & dinner:
- fresh fish, chicken, turkey or meat-baked, broiled or roasted without salt. Dry beans cooked without salt, tofu-stir-fried without salt.

Stay away from:
- Lunch meat, cheese, tomato juice, ketchup, canned veggies, soups or fish, packaged gravies & sauces.

For snacks and desserts:
- yogurt, popcorn-air popped, unsalted

Stay away from:
- Pies, canned and packaged puddings, pretzels, chips, crackers and nuts-unless the label says unsalted.

If you have any questions please contact your primary care provider (pcp). If you would like to see a dietitian individually, please ask your pcp to place a Nutrition consult or you may contact the dietitians directly: OKC campus: Matt Jacobs, RD 456-3750 or Tony Perry, RD 456-3994. North May Clinic: Kelly Beals, RD 752-3750. South Clinic: Cynthia Thorsen, RD 855-6038