Nutrition Nuggets: Get the Latest in Nutritional Information

by Delisa Renideo

Wouldn't it be great if there were one place you could go to find the latest clinical research about nutrition--in plain English so we can all understand it? Well, now there is. It is called NutritionFacts.org.

Dr. Michael Greger scours the world of nutrition-related research, as published in scientific journals, and has summarized this information on his annual DVD. Some of you have seen parts of his DVD's at our monthly potlucks. Now, he is making this information much more accessible to everyone with Internet access - - for FREE!

NutritionFacts.org summarizes Dr. Greger's research in short, easy to understand video segments. He also provides links to the original journal articles whenever possible so that you can source the information directly, if you so desire. He plans on adding a new video segment from his past DVDs every single day for the next year! That is 365 videos!

The website is very easy to navigate and has a search feature as well as a detailed index on the home page, so it makes it simple to find information about the topic you are interested in.

Michael Greger, M.D., is physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. A founding member of the American College of Lifestyle Medicine, Dr. Greger is licensed as a general practitioner specializing in clinical nutrition. Currently he serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

(Two other very useful websites for accessing reliable nutritional information are cancerproject.org and pcrm.org. Both of these sites offer fact sheets suitable for printing.)

Newsletter   **Nutrition Nuggets**