Putting Nutrition into Practice
Debora Melo van Lent, PhD, Sarah Masoud MPH, Jennifer Brackett, MSG, Christiane L. Meireles, PhD, RDN, LD, Liset Leal Vasquez, RDN, LD, CHES, Carole Leone White PhD, RN, Sudha Seshadri, MD, DM
The University of Texas Health Science Center at San Antonio

At UT Health

Clinical nutrition class for medical students

On-campus nutrition counselling for employees

Why diet?

Nutrition research
Adherence to the American Heart Association’s Life’s Simple 7 has shown to be associated with decreased 10-year risks of incident stroke and dementia, cognitive decline and brain atrophy.

(Pase et al. 2016)

Community outreach

Caring for the Caregiver
nutrition skills workshop

Senior center nutrition training

Interactive discussion

Why diet?

http://blog.oregonlive.com/health_plus/2018/02/diet_simple_7_are_among.html
**https://magazines.uthscsa.edu/mission/fare-thee-well