



ProfNet Wire: Health & Medicine: New Dietary Guidelines

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Keywords

DIETARY GUIDELINES

Contact Information

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Description

ProfNet round-up on the new dietary guidelines.

ROUND-UP: NEW DIETARY GUIDELINES

Following are experts who can discuss the updated dietary guidelines released by the Department of Health and Human Services and the U.S. Department of Agriculture on Jan. 12:

****7. GEORGIANNA DONADIO, D.C., M.SC., PH.D.,** founder, president and CEO of the NEW ENGLAND SCHOOL OF WHOLE HEALTH EDUCATION, is an award-winning integrative health expert and the pioneer of the concept of Whole Health Education: "Given the escalating problems with increased pathologies at younger ages, it would make sense to invite the public to become more aware of moderation not only in their eating, but in the behaviors related to eating. Excessive multi-tasking, working long hours, lack of exercise, lack of rest, increased debt, anxiety, and worry all contribute to the patterns and choices people establish in relationship to eating. It takes more than dietary guidelines to change the behaviors that result in poor eating habits."

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