



News Release

University of Nevada School of Medicine

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Coffee guzzlers and sugar freaks beware. What you eat determines what you are. Here's Dr. Sachiko St. Jeor of the University of Nevada School of Medicine on today's HEALTHLINE:

"Good nutrition is important in maintaining health and preventing disease. Good nutrition means many things to different people. What good nutrition is not is: fad diets that compromise health; megavitamins in lieu of good foods; or poor eating habits that sustain a busy schedule. Most importantly, good nutrition is: eating a balanced diet with a variety of foods, making sure that you sustain a healthy balance of carbohydrates, proteins and fats; increasing your fiber; decreasing such things as salt; maintaining a good eating pattern; avoiding feast-or-famine type routines; and being educated -- knowing how the foods you eat affect you."

This is HEALTHLINE from the University of Nevada School of Medicine.