

Community Health Coalition, Inc.

308 Crutchfield Street, Suite E
P.O. Box 15176
Durham, NC 27704
Phone: (919) 470-8680
Fax: (919) 470-8688

Email: Healthcoali@aol.com Website: www.chealthc.org



Date: June 24, 2007

Health Sunday Topic: Nutrition NUTRITION and DENTAL HEALTH

Dr. Bryan Curry a heart specialist at Triangle Heart Associates in Durham, states, "Healthy eating habits are the key to an overall healthy lifestyle. Obesity is a rapidly growing problem in the US, especially among children."

Dr. Desiree T. Palmer, has been a practicing Dentist in Durham for over 20 years. She states, "You may prevent two of the most common diseases, tooth decay and periodontal disease, simply by improving your diet. Eating a well-balanced diet may not only improve your dental health, but may reduce your risk for other diseases."

A healthy Durham includes you!

For more information, read today's Health Sunday Flyer; and refer to the following websites:

www.eatright.org



**HEALTH SUNDAY
IN THE BLACK COMMUNITY**
is a program of Health Tips.
It is provided by the
Community Health Coalition
in cooperation with the
**Interdenominational
Ministerial Alliance of Durham
and Vicinity for church goers**
each 4th Sunday.

Today's Health Tip is:
"Exercise"
in the
**African American
Community.**

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Make Health a Habit, TODAY!!

Nutrition

by Bryan Curry, MD and Desiree Palmer, DMD

There are several steps everyone can take to improve their nutrition.

1. Avoid fad diets and rapid weight loss solutions.
2. Eat a balanced diet of fruits, vegetables, whole grain breads/cereals, and lean meats.
3. Read labels-check for trans-fats, corn syrup, calories, check the sodium content, and always check the serving size!
4. Avoid overly processed foods and juices. As a general rule-if its wrapped in cellophane its not good for you.
5. Eat more frequent smaller meals throughout the day.
6. Nutrition is more than calories, eat a variety of foods for a balance of vitamins, minerals, fiber, and protein.
7. Increase your activity levels-take the stairs more often or park farther away at the stores.

How Does What I Eat Affect My Oral Health?

Certain foods are linked to higher levels of cavity-causing bacteria. Poor nutrition does not directly cause periodontal disease, however studies and researchers believe that the disease progresses faster and is more severe in patients whose diet does not provide the necessary nutrients.

Poor nutrition can affect your entire immune system, increasing susceptibility to many disorders. People with lowered immune systems have been shown to be at higher risk for periodontal disease. Eat a well-balanced diet, including the four basic food groups. Avoid foods that cling to your teeth that are sweet and sticky, such as candy, cakes and dried fruits. Choose healthy snacks such as nuts, raw vegetables, yogurt, cheese, and sugarless gum. Drink plenty of water and limit soft drinks and sugary drinks.



Ask your Dentist at your next visit about how your nutrition (diet) may be affecting your oral health.

Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc. and Durham Regional Hospital.