Food is Medicine

Healing Your Body One Bite at a Time

Join the BGSU Dietetic Interns to experience the healing power of food.

Thursdays 12pm – 12:45pm or 5:15 – 6pm
Halsted Conference Room (104 FCS)

Questions?: Contact chaar@bgsu.edu

9/17 FODMAP: Leading the Way to GI Relief
Many people suffer from gastrointestinal distress symptoms making it uncomfortable and painful to eat and enjoy the foods we eat. Join us on the road to success from GI distress as we explore the FODMAP diet approach and how our gut health can influence our overall health.

9/24 Did We Mention Cancer Prevention?
Cancer is not 100% preventable, but did you know that you can reduce your risk by practicing good lifestyle habits? Avoiding cigarettes, minimizing alcohol intake, physical activity, and good nutrition can help! Come join us to learn about specific cancer-preventing foods and overall how to improve your diet for cancer prevention.

10/1 Cooling the Flames of Inflammation! Can Foods Help?
Come learn and discuss what inflammation can do in the body and find out about some foods that can potentially help reduce inflammation. Sample some anti-inflammatory foods to begin turning down the heat.

10/8 Diabetes: A Topic You Can’t Sugar Coat
Diabetes is a major health risk in today’s society. This session looks at the glycemic index and glycemic load to see if it can help in preventing and treating the disease. It will also touch on the role of fiber in your health.

10/15 Foods for Your Thoughts: Can Food Boost Your Brain?
Do foods help our cognition? We are discovering more ways food influences our bodies and overall health, but can it save our memory? Come join us as we discuss the real meaning of brain food.

10/22 Toxic Cleanse: Myth or Reality?
Juicing? Cleansing? Detox diets are gaining more popularity these days, but do they really eliminate the toxins from your body? This session will uncover the research on whether detox diets are beneficial for the body and what you need to know about detoxification.

10/29 DASH Your Way to Better Health
The DASH diet is geared towards those with high blood pressure, but anyone can utilize it in order to have a healthy lifestyle. Of course, the key goal is to reduce the amount of sodium consumed, but also emphasizes fruits and vegetables, low-fat dairy, and whole grains. This section will include cooking tips, sample meal plans, and a dish to try.

11/5 Alkaline Diet: Beneficial or Bogus?
You may have heard that it can be beneficial to avoid acid-forming foods and replace them with alkalizing foods. What are some examples of these foods? Should we be working harder to master our body’s pH? This session aims to answer those questions and simplify the science behind the alkaline diet.

“Let food be thy medicine.” Hippocrates