

## **March and April Wellness Webinars Feature Healthy Eating Tips**

March is National Nutrition Month. To celebrate, our next two monthly webinars will feature tips on how to eat more healthfully. March's theme will be "Get the Facts on Nutrition". April's theme will be "More than a gut feeling – the importance of dietary fiber".

Our webinars are held on the second Tuesday of each month from 12 noon to 12:50 pm. To register go to <https://go.illinois.edu/CWSPPrograms>

**Tuesday, March 10: Get the Facts on Nutrition:** Are you interested in making healthier choices at the grocery store? Would you like to feel more confident when shopping for food? Do you know what is in the food you are buying? Leila Shinn, MS, RDN, will address these questions and more in our March wellness webinar.

Participants will learn to:

- Understand how to read current nutrition facts labels
- Review other reliable sources of nutrition information
- Learn to make healthy food choices based on these resources

**Tuesday, April 14: More than a gut feeling - the importance of dietary fiber:** Have you heard of the gut microbiome? This consists of trillions of bacteria and fungi that inhabit your digestive system. While this might sound gross, it is a good thing! Keeping your gut microbiome balanced is key to many items, including healthy weight, immune system and mood. Join Sharon Thompson, MS, RD, to learn about this strange internal "community" and how you can eat to keep it functioning well.

Participants will:

- Get to know the main parts of your gastrointestinal system
- Better understand food digestion and absorption
- Learn about the microbes in your gut and how they contribute to breaking down the food you eat

- Understand what dietary fiber is, and how much you should eat
- Identify high fiber foods and learn to include more fiber in your diet

All webinars are free but you must register in advance at  
<https://go.illinois.edu/CampusWellbeingServicesPrograms>