

## **VMG Nutrition Resource Sheet**

Valley Medical Group Practitioners believe that food is an essential part of medicine. Eating healthy foods and being mindful about eating can have a positive impact on your health outcomes.

We have collected the following resources to provide you with information about nutrition and healthy eating. Some of the videos will require that you skip an ad to see the content.

This video gives an overview of a healthy approach to eating:

<https://www.youtube.com/watch?v=fqhYBTg73fw>

These videos provide basic nutritional information about food groups and how much of each type of food you should have in your day:

<https://www.youtube.com/watch?v=eVBWHnHEX6I>

<https://www.youtube.com/watch?v=5znuV7Iyrzs>

The CDC has excellent information about healthy eating for adults:

<https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

Specific CDC tips and resources for helping children eat healthier from the start:

<https://www.cdc.gov/nutrition/features/good-nutrition-starts-early.html>

Many Insurance Companies cover nutritionist visits or have free online resources. Check with your insurance company regarding programs and in network providers. Ask your provider for a referral if needed.

**Check out our website [vmgma.com](http://vmgma.com): Patient Information-Nutrition Information for more details regarding local nutritionists and other resources.**

### **Local Resources:**

Lifepath Services: Nutrition services, meals on wheels, and Live Video Workshops.

<https://lifepathma.org/what-we-offer/nutrition/nutrition-education-consultation/>

Nutrition Services at BFMC, Cooley Dickinson Hospital, Holyoke Hospital

## **Disease Specific Nutrition Information:**

### **Diabetes/elevated blood sugar:**

For patients with **Diabetes** please consider watching this series of videos and ask your provider about being referred to our Diabetes Self-Management classes or educator.

<https://www.cdc.gov/diabetes/diabetes-tv/diabetes-kickstart.html>

### **Hypertension/High Blood pressure:**

General Information: <https://www.youtube.com/watch?v=GktZaZ0zyK0>

Nutrition information: <https://www.youtube.com/watch?v=D1bg5NSpRoI>

### **Chronic Kidney Disease: Nutrition Basics**

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>

<https://www.youtube.com/watch?v=ZkUEbxcWvns>

<https://www.youtube.com/watch?v=to3lxdPyt-A>

<https://www.youtube.com/watch?v=wZtw5tay0K4>

<https://www.youtube.com/watch?v=nXEButsIgys>

### **Osteoporosis:**

<https://www.bonehealthandosteoporosis.org/healthy-bones-guide/>

<https://www.sharp.com/health-news/foods-that-fight-osteoporosis-video>

<https://www.youtube.com/watch?v=hpzzvP4BxaE>

<https://www.youtube.com/watch?v=YPLVsECtM4Q>

### **Google Translate App:**

### **General Information:**



**Health  
Information in  
multiple  
languages**



QR Code



<https://medlineplus.gov/languages/languages.html>

