
NUTRITION RESOURCE GUIDE

Food & Agriculture Resources
Nutrition Education
Resource Reading & Cookbooks
Trainings for Consumers & Professionals
Helpful Web Links
Health Coaches

Brought to you by WE CAN
A grant-supported study
Wellness Education for Cancer Nutrition

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COVID DISCLAIMER

Many programs, classes and meetings are constantly in a state of flux and transition. Some may be held online and others may meet in person. Sites may move or adjust hours for the season.

Be sure to contact each program or site before venturing out.



WE CAN
Wellness Education
for Cancer Nutrition

ABOUT THIS GUIDE

This collection of nutrition resources was created by the research study team for WE CAN (**W**ellness **E**ducation for **C**ancer **N**utrition) and funded by a grant from Oregon Health and Science University Knight Cancer Institute. Although funded to address cancer, this booklet includes resources in Coos and Curry Counties applicable to a variety of health conditions.

For corrections or edits, please contact the primary investigator: stephanie.polizzi@oregonstate.edu

A pdf version of this document with hot links can be found on the OSU Extension, Coos County, website:

<https://extension.oregonstate.edu/coos/healthy-families-communities>

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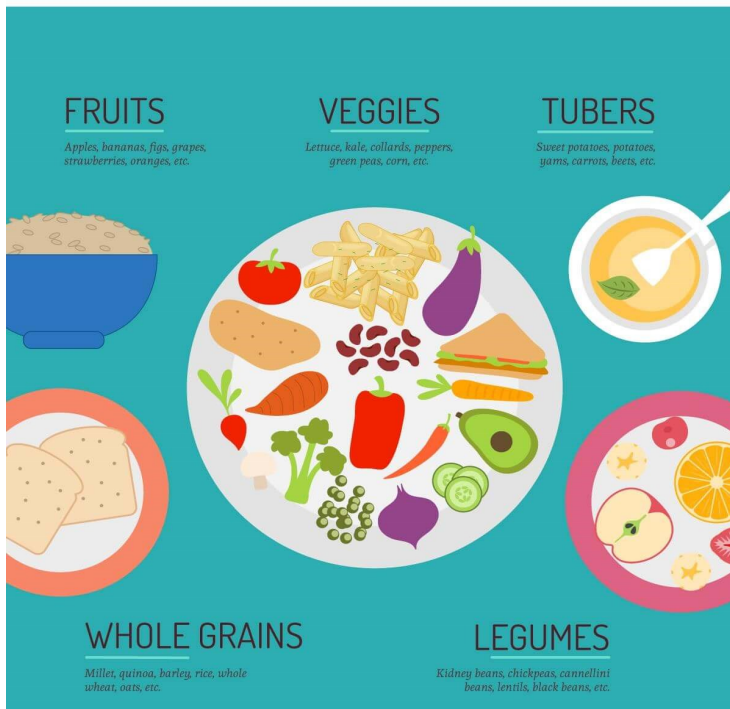
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WHAT IS A WHOLE-FOOD, PLANT-BASED DIET?

from Forks Over Knives

Forget percentages and calorie counting! Use this visual guide to learn how to eat a delicious, disease-fighting diet



Find out more at forksoverknives.com

INTRODUCTION

WHY FOCUS ON NUTRITION

Cancer is the number 1 cause of death of Coos County residents, nearly double Oregon state rates. Studies demonstrate that intake of fruits and vegetables can improve outcomes for cancer patients by reducing incidence, severity and associated morbidity. This is the reason for the WE CAN study.

The American Institute for Cancer Research states that, “putting mostly plant foods on your plate is the healthiest diet.” The plant-based diet is not only helpful to prevent primary and secondary cancer, is also the same diet known to reverse heart disease and type 2 diabetes, reduce inflammation, improve circulation, decrease depression and prevent Alzheimer’s and other forms of dementia.

FOOD IS MEDICINE

Hippocrates, the father of medicine, is credited with the quote, “Let food be thy medicine, and let medicine be thy food.” His original physician’s oath is believed to include the phrase, “With regard to healing the sick, I will devise and order for them, the best diet.” He was known to focus on food before medications.

Dietary habits influence disease risk. The foods we eat can either harm the body and contribute to disease, or heal the body and get you back on the road to vibrant health.

THE CHOICE IS YOURS.



You can take control of your health by making decisions with your fork every time you eat.

INTRODUCTION

A healthy way of eating is not a diet, but rather a series of choices that include a variety of whole plant foods. These foods maximize your intake of vitamins, minerals, phytonutrients and dietary fiber that are essential to achieving and maintaining optimal health.

Many of today's chronic diseases are diet-related and clinical trials have shown that adopting a plant-based diet can reduce risk factors without drugs or expensive medical procedures. People who consume a plant-rich diet have lower risk of heart disease, type 2 diabetes, cancer, obesity and dementia.

Plant-based diets are also less expensive than an omnivorous diet. According to a 2012 study in the *Journal of Hunger & Environmental Nutrition*, switching to a plant-based diet can save \$750/year.

Making diet changes can be a daunting task unless you have helpful resources and support. The resources in this booklet will help you to:

- Gain knowledge and education about the importance of consuming more plant foods to protect your health
- Locate resources to access food, like food vouchers and farmers' markets
- Discover ways to grow your own produce in community or container gardens
- Find reputable nutrition information and research on topics related to your personal health

We hope you will find this resource booklet a valuable tool to guide you on your path to wellness.

FOOD RESOURCES

FARMERS' MARKETS

Coos County

Bandon Farmers' Market

250 1st Street, Bandon

Fri & Sat 10am - 4pm Season Duration: May - December

 <https://www.facebook.com/BandonFarmersMarket/>

Coos Bay Farmers' Market

398 Central Ave, Coos Bay

Wed 9am-2pm Season Duration: June 3rd - October 28th

 <https://www.facebook.com/CoosBayFarmersMarket/>

Coquille Farmers' Market

541-396-3894

115 N. Birch St, Coquille

<https://nfmd.org/or/coquille/1007058/>

Curry County

Brookings Harbor Farmers' and Artisans' Market

15786 US 101 South, Brookings

Sat & Wed 10 am - 3 pm

<http://brookingsharborfarmersmarket.com/>

Port Orford Farmers' Market

812 Oregon St, Port Orford

Check for opening at:

 <https://www.facebook.com/PortOrfordFarmersMarket>

FOOD RESOURCES

FOOD BANKS

[South Coast Food Share](https://www.orcca.us) (Coos & Curry) 541-435-7754

<https://www.orcca.us>

225 Laclair St, Coos Bay, OR

Courtney Deschler

541-435-7080 ext 380

Email: southcoastfoodshare@ORCCA.us

 www.facebook.com/orcca.us

[Brookings Harbor Community Helpers, Inc](https://www.brookingsharborfoodbank.org/) 541- 469-6988

<https://www.brookingsharborfoodbank.org/>

97829 Shopping Center Ave, Harbor, OR

Emergency groceries, shopping dollars for seniors to use at Farmers' Market. Limited diapers, baby food and formula.

Mon, Wed & Fri, 9am - 2pm

 www.facebook.com/BHFoodBank

FOOD DISTRIBUTION SITES

Days and times are subject to change. Please call ahead to double check hours and availability.

Coos County

Bandon Restoration

541-347-4900 ext 3

Worship Center

89 North Ave NE, Bandon

Last Thu of the month 4-5:30 pm

FOOD RESOURCES

FOOD DISTRIBUTION SITES (con't)

Bandon Good Neighbors 1100 11th St, SW, Bandon 1st Tue of month 9 am - 12 pm	541-329-2399
Charleston Food Pantry 63081 Crown Point Rd, Charleston Wed 10 am - 1 pm	541-756-4920
Coastal Harvest 1122 Fillmore Ave, Bandon Call for hours/times	541-329-9726
Coos Bay SDA Food Pantry 2175 Newmark Ave, Coos Bay Tue 9:30 am - 12 pm	541-756-5812
Coos Food Cupboard 370 Market St, Coos Bay Thu 5 - 7 pm, MWF noon- 2 pm	541-217-0258
Coquille Bear Cupboard Food Pantry 1051 Cedar Point Rd, Coquille Tue 11 am - 1 pm	541-824-1455
Lakeside Feed the Need Pantry 915 N Lake Rd, Lakeside 1st & 3rd Fri, 5:00 - 7:00 pm, 2nd & 4th Fri, 11am - 1 pm	541-759-3819
Myrtle Point Food Pantry 1320 Maryland Ave, Myrtle Point Days: Thu when posted in the window Hours: 10 am - 2 pm	541-260-4370

FOOD RESOURCES

FOOD DISTRIBUTION SITES (con't)

North Bend Presbyterian Church 541-756-4155
2238 Pony Creek Rd, North Bend
Days: Mon & Wed
Hours: 9:30 am - 12 pm

South Coast Fresh Choice Market (Grand Opening 2022)
225 Laclair, Coos Bay
Days: Mon-Thurs
Hours: 9:30 am - 5 pm

Pelican Harbor
1067 Newmark Ave, North Bend, Pony Village Mall
Days: Thu
Hours: 9:30 am - 11 am

 <https://www.facebook.com/pelicanharborfoodbank>

Powers Food Pantry
510 2nd Ave, Powers
Days: 1st Wed
Times: 2 - 4:30 pm

Salvation Army Cascade Division 541-888-5202
1155 Flanagan Ave, Coos Bay
Days: Tue - Thu
Hours: 9:30 - 11 am

FOOD RESOURCES

FOOD DISTRIBUTION SITES (con't)

Curry County

Brookings-Harbor Community Helpers 541-469-6988

539 Hemlock St, Brookings

Days: Mon, Wed & Fri

Hours: 10 am - 1 pm

Church of the Nazarene

1600 Chetco Ave, Brookings

Days: 3rd Wed of month

Hours: 12:00 - 2:30 pm

Contact: Donnie Borchard

301-512-4990

Call for special appointment

Gold Beach Christian Help

541-247-4054

29813 Colvin St, Gold Beach

Days: Mon, Wed, Thu, Fri

Hours: M 9 - 11 am, W, Th 8 am - 2 pm, F 8 - 11 am

Gold Beach SDA

541-247-2057

94191 3rd St, Gold Beach

Days: Tue

Hours: 9 am - 1 pm

The Common Good

541-332-1365

2015 Washington St, Port Orford

Days: 1st and 3rd Wed

Hours: 10 - 11 am

FOOD RESOURCES

FREE OR LOW COST MEALS

Days and times are subject to change. Please call ahead to double check hours and availability.

Coos County

Bay Area Senior Center

866 S 4th St, Coos Bay
Tue - Fri 11:30 am - 12:00 pm

541-269-2626

College Park Community Church

www.collegepark4u.org
2548 Newmark Av, Coos Bay
Sat 7 - 9 am

541-290-1463

Devereaux Center

www.thedevereauxcenter.org
1200 Newmark Center, Coos Bay
Breakfast Mon, Tue, Wed, Fri, 9 - 10 am
Brunch Thu 10 am - 12 pm
Lunch 11:30 am - 12:30 pm

541-888-3202

EAT (Everyone At the Table)

<https://feedingbandon.org/eat>
Bandon Community Center
1200 11th St SW, Bandon
Tue 5:30 - 6:30 pm

Harmony United Methodist Church

<http://harmonyumcoregon.org/>
123 Ocean Blvd SE, Coos Bay
Sat 11 am - 1 pm

541-267-4410

FOOD RESOURCES

FREE OR LOW COST MEALS (con't)

Lakeside Senior Center 541-759-3819
915 N Lake Rd, Lakeside
Tue, Thu 10:30 am - 12:30 pm

North Bend Church of Christ 541-756-4844
<http://churchofchristnb.com/news.php>
2761 Broadway, North Bend
Wed 6 - 7pm

South Coast Gospel Mission 541-269-5017
<http://www.southcoastgospelmission.org>
1999 North 7th Street, Coos Bay
Mon-Fri breakfast 7 - 7:30 am, lunch 12 - 1 pm, dinner 5 - 6 pm
Sat 7:30 - 8 am, 5 - 6 pm

The Harbor Assembly of God 541-756-4838
<https://ag.org/church>
63748 Harriet St, Coos Bay
Sat 10am - 1:00pm

The Refuge Church 541-269-0872
625 Commercial Av, Coos Bay
Sun, after church services

Curry County

Brookings Community Kitchens
St Timothy's Episcopal Church 541-469-3314
401 Fir St, Brookings
Tue Noon - 1 pm

More community kitchens next page

FOOD RESOURCES

FREE OR LOW COST MEALS (con't)

Brookings Community Kitchens (con't)

Star of the Sea Catholic Church 541-469-2313
820 Old Country Rd, Brookings
Wed 12 - 1 pm

Brookings Presbyterian Church 541-469-3725
540 Pacific Av, Brookings
Thu Noon - 1 pm

Chetco Senior Center

550 Chetco Ln, Brookings 541-469-6822
Mon-Fri, 11:15 am - 12:30 pm
Meals on Wheels delivered on Mon

Gold Beach Community Center

29841 Airport Way, Gold Beach 541-247-7506
Pickup only, house-bound delivery
Tue 10:30 am - 12:30 pm



<https://www.facebook.com/pages/category/Community/Gold-Beach-Senior-Center-1624370934530037/>

Gold Beach SDA Soup Kitchen

94191 3rd St, Gold Beach 541-247-2057
Tue 4 - 6 pm

St Timothy's Episcopal Church

550 Chetco Ln, Brookings 541-469-3314
Mon, Wed, Fri 9 am - Noon

Coos/Curry Food Resources infographic

https://cooshealthandwellness.org/wp-content/uploads/2020/03/SCFS_Emergency_Food_Resource_Guide.pdf

FOOD RESOURCES

SNAP BENEFITS

Supplemental Nutrition Assistance Program

SNAP is a federally-funded program which offers nutrition assistance to eligible, low-income individuals and families. In Oregon, SNAP is administered by the Oregon Department of Human Services (ODHS). Benefits are distributed through the state's Electronic Benefit Transfer (EBT) system which allows people to access their benefits using an "Oregon Trail Card" at the grocery store.

- SNAP benefits are a supplement. They are not designed to meet all of the food needs of a household. SNAP should be used in combination with other resources.
- People do not need to be destitute to qualify for SNAP benefits. People can be working or have other forms of income and still be eligible for benefits.
- [Apply online](https://apps.state.or.us/onlineApplication) or call your local office
<https://apps.state.or.us/onlineApplication>

Coos/Curry SNAP Navigator 541-294-9048
Zachary.A.Richard@dhsosha.state.or.us

SNAP in Coos County 541-808-6155
ODHS Self-Sufficiency Office
1431 Airport Ln, Coos Bay

SNAP in Curry County 541-247-7036
Gold Beach OR Department of Human Services
94145 5th Place, Gold Beach

FOOD RESOURCES

SNAP-EDUCATION

SNAP Education through OSU Extension

Oregon State University Extension Service manages the SNAP-Education grant from the federal government.



OSU's SNAP-Ed programs around the state focus on improving nutrition for youth and families with budget-conscious recipes, shopping tips and budgeting guides.

SNAP-Education faculty provide nutrition education for SNAP-eligible children and families. Look for SNAP-Ed faculty in schools, senior centers, low-income housing and WIC (Women's, Infant's, Children) programs.

Allison Harris

41-572-5263 Ext 25281

SNAP-Ed Coord, Coos/Curry

allison.harris@oregonstate.edu

FoodHero.org is your online source for nutrition information, budgeting, shopping and cooking. You can find easy recipes, kids activities and gardening tips 24 hours a day available in English and Spanish. The online media center has cooking videos, and downloadable art for grocery advertising. Browse through the Healthy Food Blog for additional tips for shopping and saving.

Food Hero Monthly Magazine is a free, award-winning publication which features an ingredient grown in Oregon. Special editions cover broader subjects for providing healthy meals for your family.

FOOD RESOURCES

PLANT-BASED MEALS AT RESTAURANTS

Most restaurants offer plant-based meal options. Try ethnic restaurants like Mexican, Italian, Chinese, Japanese, Indian, Thai or Vietnamese. Some restaurants offer bean burgers or “Impossible” burgers. Even pizza can be plant-based, especially topped with extra vegetables. Here are just a few local restaurants serving plant-based entrees:

Coos County

Asian Garden, Bandon	541-329-1100
Café Mediterranean, North Bend	541-756-2299
Chan’s Wok, North Bend	541-751-0623
Ciccarelli’s, North Bend	541-751-1999
Coquille Valley Produce & Deli	541-396-3742
El Tapatio Mexican Restaurant, Coquille	541-396-5493
EZ Thai, Coos Bay	541-267-8404
Front Street Provisioners, Coos Bay	541-808-3420
La Herradura Mexican Restaurants	
North Bend	541-756-0906
Myrtle Point	541-572-0394
Little Italy, Coos Bay	541-808-2200
Kum-Yons, Coos Bay	541-269-2662
Noster’s Kitchen, Coos Bay	541-808-3999
Puerto Vallarta, Coos Bay	541-269-0919
7 Devils Brewing Co, Coos Bay	541-808-3738
Pancake Mill Restaurant, North Bend	541-756-2751
Tai’s Dynasty, North Bend	541-756-1322
The Tin Thistle, North Bend	541-267-0267
Wildflour Café & Catering, North Bend	541-808-3633

FOOD RESOURCES

PLANT-BASED MEALS AT RESTAURANTS (con't)

Curry County

Black Trumpet Bistro, Brookings	541-887-0860
Golden Harvest, Port Orford	541-366-2193
Khun Thai, Brookings	541-412-0555
La Flor De Mexico, Brookings	541-469-4102
Oxenfre Public House, Brookings	541-813-1985
Pancho's Restaurant Y Cantina, Brookings	541-469-6531
Rancho Viejo, Brookings	541-412-0184
Red Fish, Port Orford	541-366-2200
Spinner's, Gold Beach	541-247-5160
Wong's Chinese Food, Gold Beach	541-247-7423
Zola's Pizzeria, Brookings	541-412-7100

PLANT-BASED MEAL KIT DELIVERY SERVICES

If you are new to plant-based eating, these delivery services may take the guesswork out of plant-based meal preparation.

[EveryPlate](http://www.everyplate.com)

www.everyplate.com

[Freshly](http://www.freshly.com)

www.freshly.com

[Green Chef](http://www.greenchef.com)

www.greenchef.com

[HelloFresh](http://www.hellofresh.com)

www.hellofresh.com

[Home Chef Fresh and Easy](http://www.homechef.com)

www.homechef.com

[Plant Pure](http://www.plantpurenation.com)

www.plantpurenation.com

[Purple Carrot](http://www.purplecarrot.com)

www.purplecarrot.com

[Sun Basket](http://www.sunbasket.com)

www.sunbasket.com

[Veestro](http://www.veestro.com)

www.veestro.com

AGRICULTURAL RESOURCES

COMMUNITY GARDENS

Community gardens are plots of land, usually in urban areas, that are rented by individuals or groups for private gardens or are for the benefit of the people caring for the garden. Check with you local community garden to get involved!

Coos County

Good Earth Garden

780 8th Ct SW, Bandon
bandongoodearth@gmail.com

Lady Bug Landing

S 8th St, Coos Bay
socoastgardens@gmail.com

Harvest Moon Garden

180 N. Baxter St, Coquille
coquillegarden@gmail.com

Lakeside Harmony Garden

915 North Lake Rd, Lakeside
baprichards@gmail.com

Curry County

Gold Beach Community Garden

94255 Caughell St, Gold Beach
<https://www.globuya.com/US/Gold-Beach/1297059560391761/Gold-Beach-Community-Garden>

Living Waters Foursquare Garden

1136 Fifield St, Brookings
Garden plots available

541- 469-5757

Port Orford's Community Garden

Contact Laurie to reserve a garden bed for just \$10/yr

541-287-2000

AGRICULTURAL RESOURCES

COMMUNITY SUPPORTED AGRICULTURE (CSAs)

CSAs are farm-share programs that allow you to purchase a “share” of produce from a local farmer.

During the season, the farmer creates weekly boxes of fresh, organically-grown fruits and vegetables delivered to your region. Many times, it is more produce than one or two people can consume so the cost of the CSA can be shared among friends, family or co-workers.

Benefits of Joining a CSA

- Knowing where your food comes from
- Fresh from the farm taste
- Loaded with nutrients
- Saves time shopping
- Saves money on produce
- Exposes you to new foods to try in your recipes
- Supports local farms

[Valley Flora Farm](#)

541-348-2180

94960 Floras Creek Rd, Langlois

Text: 541-551-0314

Bandon, Coos Bay and Port Orford delivery sites

You-pick or delivered boxes

[Winter Green Farm](#)

541-935-1920

89762 Poodle Creek Rd, Noti

folks@wintergreenfarm.com

Florence, Reedsport and Coos Bay delivery sites

Mid June through Mid September

AGRICULTURAL RESOURCES

OSU MASTER GARDENER PROGRAM

Master Gardeners are OSU-certified volunteers trained to provide recommendations for sustainable gardening practices to residents. Volunteers answer gardening calls and staff plant clinics, plant sales or booths at the county fair and farmers' markets. They may also speak to local groups or serve on advisory committees. They offer a "mini college" educational event annually.

Trainings to certified volunteers are offered annually. To become a trained volunteer, contact county coordinators.

[Coos County Master Gardeners](#) 541-572-5263 ext 25299
<https://extension.oregonstate.edu/mg/coos>
samantha.clayburn@oregonstate.edu

Plant Clinic 541-572-5263 ext 25295
Mon & Thu 9 - 12 Mar through Oct

 www.facebook.com/CoosCountyMasterGardeners/

[Curry County Master Gardeners](#) 541-247-6672
<https://extension.oregonstate.edu/mg/curry>

Plant Clinic 1-800-356-3986 or 541-247-6672

 <https://www.facebook.com/OSUExtCurryMG/>

NUTRITION EDUCATION

COOKING CLASSES

Coos County

Community Cooking with the Co-Op starring Jamar
Coos Head Food Co-Op 541-756-7264

Coos Head Food Co-op hosts a virtual cook-along every 4th Thursday of the month at 5:30 pm. The food demonstration showcases recipes using organic shelf staples and local produce. Coos Head's goal is to engage the community in the midst of a quarantine by inviting community members into their kitchen to prepare simple, delicious meals with them.

[Go to the Coos Head Co-op website](#) and click on the "Community Cooking with the Co-op" button to go to the upcoming cooking class.

<https://coosheadfood.coop/>

You can also watch Jamar's videos on [YouTube](#)
<https://youtube.com/playlist?list=PLorPMLjvz6WCu7o1V5BFnoGrx7Jom6RbD>

Coos Bay Seventh-day Adventist Church 541-756-7413
2175 Newmark Ave, Coos Bay, OR 97420
Cooking classes and tastings are offered every other month.
New dates are pending, classes will resume post COVID.

Contact: Jennifer Gumm 541-999-6000
coosbaysdachurch@gmail.com
<https://coosbayor.adventistchurch.org>

 www.facebook.com/livinggodslve

NUTRITION EDUCATION

Natural Grocers

541-266-9473

562 N Broadway, Coos Bay

Nutritional Education Classes Wed @ 6pm MT

www.naturalgrocers.com

<https://www.naturalgrocers.com/virtual-classes-gp>

Wildflour Café & Catering

541-808-3633

1989 Sherman Av, North Bend, OR 97459

John & Tara Moore, owners

In-person cooking classes may resume post COVID

Virtual cooking demos on [YouTube](#)

<https://m.youtube.com/channel/C5ggzIZDxUq8d77GtI5cM8A/>
featured

Contact: Wildflour_catering@yahoo.com



www.facebook.com/Wildflour.catering.moore

Curry County

Curry County Extension

541-247-6672

Office manager sheryl.mcdonald@oregonstate.edu

allison.harris@oregonstate.edu

541-572-5263 ext 25285

Food demos and tastings for youth in schools through SNAP-Ed program.

stephanie.polizzi@oregonstate.edu

541-572-5263 ext 25291

Nutrition education and cooking classes in disease prevention, management and reversal using whole food.

NUTRITION EDUCATION

CANCER CLASSES

Bay Area Hospital
Sam Ghattas

541-297-8358

- Cancer Survivors: Every Monday from 9:30 - 11:30 am
- Breast Cancer: The 2nd and 4th Friday of each month from 1 - 2:00 pm

Both groups meet at the South Coast Hospice Bereavement and Education Center, 1620 Thompson Rd, Coos Bay.

DIABETES CLASSES

Advanced Health, CCO

541-269-7400

www.advancedhealth.com

Diabetic case management Advanced Health members, call for details

Bay Area Hospital (BAH)

541-269-8111

www.bayareahospital.org

One-on-one telehealth and phone call appointments

Registered Dietitians

541-269-8349

In-depth counseling for high-risk patients, meal-planning

BAH Certified Diabetes Educator

Assist with disease management, medications and monitoring

Rita Hoover, RN, CDE

541-266-7928

rita.hoover@bayareahospital.org

Support groups meet at the Community Health Education Center, 3950 Sherman Ave, North Bend

NUTRITION EDUCATION

Bay Clinic

Sarah Cornelison, CCMA, CCHW 541-269-0333 ext 345
Diabetes Prevention Program via telehealth

Coquille Diabetes Support Group

541-347-8283

Contact: Robin Summers, RN, CDE
Meets 2nd Tue from 2 to 3, Coquille Christian Community
Church

Curry Health Network

541- 247-3173

www.Curryhealthnetwork.com
Jane Doroff, RD, LD & Tamara Johnson, Med, RD, LD, CDE
Registered licensed dietitians provide Medical Nutrition
Therapy and diabetes prevention programs in Gold Beach and
Brookings

North Bend Medical Center

541-267-5151 ext 1682

Care Management one-on-one
Diabetes classes

Geanna.Berrier@nbmchealth.com

Southern Coos Hospital

Robin Summers, RN, CDE 541-347-8283

Mastering Diabetes an online health coaching program that
helps people with all forms of diabetes transition to a plant-
based diet. 100% guaranteed to promote weight loss and
reduced A1c (or your money back)

Michelle King Davis, BA, CHC, CPT

michelle@notdiets.com

541-217-4222

www.masteringdiabetes.org/apply

NUTRITION EDUCATION

HEALTHY BYTES INITIATIVE (HBI)

The *Healthy Bytes Initiative* is a nutrition marketing campaign designed to give community organizations, businesses and individuals free or low-cost nutrition resources to help increase intake of fruits, vegetables and other plant foods.

The project highlights one healthy food per month through several different medias:

- 11 x 17 color posters
- Table tents for restaurants, cafés, break rooms, lobbies
- 1-pg article for use in newsletters or e-blasts
- 6-8 PowerPoint slides for use in waiting rooms and lobbies

Content for these messages is developed by a Registered Dietitian Nutritionist with Oregon State University Extension Service, Family & Community Health.

Some foods are also accompanied by Food Hero handouts.

www.FoodHero.org



Health Benefits of Arugula

Also known as "Rocket," this leafy vegetable is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale and Brussels sprouts) known for its high nutrient content.

1 cup raw arugula provides:

- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming arugula:

- Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
- Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
- Contains Sulphur substances like sulforaphane, found to slow progression of cancer cell growth
- High potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Add to salads, sandwiches, dips, pesto, soups or side dishes

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension
Family & Community Health and Advanced Health.



NUTRITION EDUCATION

Roasted Beets & Arugula Salad

Adapted from SparkPeople.com

Ingredients:

8 medium roasted beets, diced
 1/2 cup toasted walnuts
 3 oz crumbled cheese (optional)
 2 cups fresh arugula
 2 Tbsp olive oil
 1 Tbsp white balsamic vinegar
 Salt and pepper to taste

Directions:

1. Scrub beets and wrap individually in foil. Place in baking dish and bake at 400°F for 1 1/2 hours. Cool, peel and dice.
2. Toast walnuts in a dry pan over medium heat. Mix arugula with beets and nuts.
3. Top with cheese if desired.

Arugula Pesto

Elise Bauer SimplyRecipes.com

Ingredients:

2 cups packed arugula leaves
 1/2 cup shelled walnuts
 1/2 cup fresh parmesan (optional)
 1/2 cup olive oil
 6 cloves garlic, unpeeled
 1/2 clove garlic, peeled, minced
 1/2 tsp salt

Directions:

1. Brown 6 cloves of garlic with peels on in skillet over medium heat until lightly browned, about 10 minutes. Remove from pan, cool and remove skins.
2. Toast nuts in a skillet over medium heat until lightly browned, about 2 minutes.
3. Combine arugula, walnuts and both roasted and raw garlic in food processor. Pulse while drizzling olive oil until smooth.
4. Stir in optional parmesan cheese.
5. Serve over pasta, roasted potatoes or use as an alternative to red sauce on pizza.

All HBI materials are free to view or download on the [website www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

To receive a monthly email with electronic materials attached, please register with shena.holliday@advancedhealth.com.

Those who require printed materials can order from OSU Extension, Coos County by calling 541-572-5263 ext 25292 or by emailing shawna.horner@oregonstate.edu or stephanie.polizzi@oregonstate.edu.

Printing fees contracts are set up for 6-months or 1-year.

All printed materials are in full color.

11 x 17 posters	\$.30 ea
Table tents	\$.15 ea
2-sided handouts	\$.30 ea

NUTRITION EDUCATION

EXTENSION CLASSES

Through OSU Extension Family & Community Health



Oregon State University Extension Service 541-572-5263

Besides SNAP-Education and the Master Gardener Program, Extension offers education in nutrition for healthy eating, disease prevention and safe food preservation.

Although this booklet is focused on Coos and Curry counties, there is an Extension office in every county in the country. Check your local listing.

NUTRITION FOR DISEASE PREVENTION & REVERSAL

Registered Dietitian Nutritionist, certified in Lifestyle Medicine, presents classes and webinars using whole food, Plant-Based nutrition to prevent and treat chronic disease.

Archived videos with corresponding handouts can be found at: <https://extension.oregonstate.edu/coos/healthy-families-communities>

Contact: stephanie.polizzi@oregonstate.edu

NUTRITION EDUCATION

OSU MASTER FOOD PRESERVERS

[OSU Master Food Preservers](#) are OSU-certified volunteers trained to teach workshops for the safe preservation of food. Techniques, including canning, drying, fermenting and pickling.

<https://extension.oregonstate.edu/mfp/master-food-preserver-program>

Trainings to certified volunteers are offered bi-annually. To become a trained volunteer, contact the MFP coordinator samantha.clayburn@oregonstate.edu.

[Coos County Master Food Preservers](#) 541-572-5263 Ext 25299

<https://extension.oregonstate.edu/coos/coos-county-master-food-preservers>

Contact: samantha.clayburn@oregonstate.edu

Coos County Master Food Preservers answer food preservation questions and instruct using research-based methods. They hold monthly workshops including pressure canning, boiling water canning, dehydration, freezing, smoking meats and pickling. Gauge testing done by appointment.

 www.facebook.com/CoosCountyMasterFoodPreservers

[Curry County Master Food Preservers](#) 541-247-6672

Contact: Margie.House@oregonstate.edu

Curry County MFP are available to answer food preservation questions, provide written resources and perform gauge testing by appointment.

 www.facebook.com/CurryCountyMasterFoodPreservers

BOOKS | RESOURCE READING

[American Cancer Society Complete Guide to Nutrition for Cancer Survivors](#): Eating Well, Staying Well During and After Cancer. By Barbara Grant, MS, RD, CSO, Abby Bloch, PhD, RD, Katherine Hamilton, MA, RD, CDN, CS, and Cynthia Thomson, PhD, RD

[Beyond Cancer: The Powerful Effect of Plant-Based Eating](#): How to adopt a plant-based diet to optimize cancer survival and long-term health. By Sally Lipsky

[Defeating Diabetes: A no-nonsense approach to type 2 diabetes and the diabetes epidemic](#). By Brenda Davis, RD and Tom Barnard, MD

[Dr Neal Barnard's Program for Reversing Diabetes](#): A scientifically proven system for reversing diabetes without drugs. By Neal Barnard, MD with recipes by Brianna Clark Grogan

[Eat Plants Feel Whole](#): Harness the healing power of plants and transform your health. By George E Guthrie, MD, MPH, CDE with recipes by Chef Edwin Cabrera, Heather Leno, Neva & Jim Brackett and JoAnn Rachor

[How Not to Die](#): Discover the foods scientifically proven to prevent and reverse disease. By Michael Greger, MD with Gene Stone

[Prevent and Reverse Heart Disease](#): A revolutionary, scientifically proven nutrition-based cure. By Caldwell Esselstyn, Jr, MD

[Reversing Disease with Fork & Knife](#). By Hans Diehl, DrHSc, MPH, FACN, CNS

BOOKS | RESOURCE READING

[Stop Cancer with Phytotherapy](#): With 100+ anti-cancer recipes. By Benjamin Lau, MD, PhD and Ester Lau, MS, RD

[The Blue Zones](#): 9 lessons for living longer from the people who've lived the longest. By Dan Buettner

[The China Study](#): Startling implications for diet, weight loss and long-term health. By T Colin Campbell, PhD and Thomas M Campbell II, MD

[The Complete Idiot's Guide to Plant-Based Nutrition](#). By Julieanna Hever, MS, RD, CPT

[The Inflammation Cure](#): Simple steps for reversing heart disease, arthritis, diabetes, asthma, Alzheimer's Disease, osteoporosis, other diseases of aging. By William Joel Meggs, MD, PhD withy Carol Svec

[Undo It](#): How simple lifestyle changes can reverse most chronic diseases. By Dean Ornish, MD and Anne Ornish

FOR KIDS

[Forks Over Knives Family](#): Every parent's guide to raising healthy, happy kids on a whole-food, plant-based diet. By Alona Pulde, MD, Mathew Lederman, MD, Marah Stets and Brian Wendel with recipes by Darshana Thacker

[Herb, The Vegetarian Dragon](#). By Julie Bass and Debbie Harter

[Steven the Vegan](#). By Dan Bodenstein

[The Smart Girl's Guide to Going Vegetarian](#). By Rachel Meltzer Warren, MS, RD

COOKBOOKS

[Beyond Healthy Recipes](https://notdiets.com/product/beyond-healthy-recipes/). By Michelle King-Davis
<https://notdiets.com/product/beyond-healthy-recipes/>

[Forks Over Knives The Cookbook](#). By Del Sroufe with contributions by Julieanna Hever, Judy Micklewright and Darshana Thacker

[From Plant to Plate and From Plant to Plate, Diabetes Edition](#). By Tami Bivens

[Healthy Eating for Life to Prevent and Treat Cancer](#). Physicians Committee for Responsible Medicine with Vesanto Melina, MS, RD

[How Not To Die Cookbook](#). By Michael Greger, MD, FACLM and Gene Stone and recipes by Robin Robertson

[Nourish: The Cancer Care Cookbook](#). By Penny Brohn Cancer Care with Christine Bailey

[Oh She Glows Everyday](#): Quick and simply satisfying plant-based recipes. By Angela Liddon

[Plant Pure Nation Cookbook](#): Over 150 plant-based recipes. By Kim Campbell

[Power Plates](#): 100 nutritionally balanced, one-dish vegan meals. By Gena Hamshaw

[The Essential Cancer Treatment Nutrition Guide and Cookbook](#). Includes 150 healthy & delicious recipes. By Jean LaMantia, RD and Neil Berinstein, MD

[Vegan Richa's Indian Kitchen](#). Traditional and creative recipes for the home cook. By Richa Hingle

COOKBOOKS

FOR KIDS

[Healthy Little Tummies: Plant-based food for the whole family.](#) Delicious and easy to make recipes. By Claire Power

[Kids Can Cook: Vegetarian Recipes Kitchen—Tested by Kids for Kids.](#) Recipes kids can cook themselves. By Dorothy R. Bates

[My First Vegan Cookbook.](#) Plant based meals made by kids. By Stine Sidnser Garside

[Nourish: The Definitive Plant-based Nutrition Guide for Families.](#) By Brenda Davis, RD

[Plant, Cook, Eat! A Children's Cookbook.](#) Garden to kitchen cookbook. By Joe Archer

[The Forest Feast for Kids.](#) Colorful Vegetarian Recipes that are Simple to make. Kid friendly vegetarian recipes that are quick, easy and fun to make. By Erin Gleeson

[The Help Yourself Cookbook for Kids.](#) 60 Easy plant-based recipes kids can make to stay healthy and save the earth. By Ruby Roth

[The Teen's Vegetarian Cookbook.](#) Easy recipes for snacks, college cooking and even an entire meal. By Judy Krizmanic

[The Vegan Teen Cookbook.](#) Easy vegan meals from what's already in your kitchen. By Cathy Hutchison

[Vegetarian Cookbook for Teens.](#) 100 fun recipes to cook like a pro. By Sarah Baker

TRAININGS

EDUCATION FOR CONSUMERS

[CHIP](https://chiphealth.com/) Complete Health Improvement Program
Lifestyle Medicine classes to arrest chronic disease
<https://chiphealth.com/>

[Culinary Rx](https://plantrician.rouxbe.com/) Online cooking classes
<https://plantrician.rouxbe.com/>

[Food as Medicine Institute](https://foodasmedicineinstitute.com/)
Cooking classes, educator trainings, symposiums
<https://foodasmedicineinstitute.com/>

[Forks Over Knives](http://www.forksoverknives.com/wellness/forks-over-knives-to-offer-online-course-in-whole-food-plant-based-cooking/) online guide to plant-based cooking
www.forksoverknives.com/wellness/forks-over-knives-to-offer-online-course-in-whole-food-plant-based-cooking/

[Institute of Lifestyle Medicine](http://www.instituteoflifestylemedicine.org/wp-content/uploads/2019/08/Curricular-Resources-August-2019.pdf)
www.instituteoflifestylemedicine.org/wp-content/uploads/2019/08/Curricular-Resources-August-2019.pdf

OSU Master Food Preserver and Master Gardner volunteer trainings see contacts on pg 17

[Plant-based Nutrition eCornell Certificate Program](http://www.ecornell.com/certificates/nutrition/plant-based-nutrition)
www.ecornell.com/certificates/nutrition/plant-based-nutrition

PCRM Food for life [classes](http://www.pcrm.org/good-nutrition/plant-based-diets/ffl/class-descriptions)
www.pcrm.org/good-nutrition/plant-based-diets/ffl/class-descriptions [become an instructor](http://www.pcrm.org/good-nutrition/plant-based-diets/ffl/become-an-instructor) www.pcrm.org/good-nutrition/plant-based-diets/ffl/become-an-instructor

Rouxbe [online cooking classes](https://rouxbe.com/cooking-school)
<https://rouxbe.com/cooking-school>

TRAININGS

CMEs FOR HEALTH PROFESSIONALS

[American Board of Physician Specialist](https://www.abpsus.org/power-food-medicine)
<https://www.abpsus.org/power-food-medicine>

[American College of Lifestyle Medicine](http://www.lifestylemedicine.org)
www.lifestylemedicine.org

[Culinary Medicine](http://www.healthmeetsfood.com) Goldring Center for Culinary Medicine
www.healthmeetsfood.com

[International Journal of Disease Reversal and Prevention](https://ijdrp.org)
<https://ijdrp.org>

[Nutritional Update for Physicians: Plant Based Diets](http://www.thepermanentejournal.org) Kaiser
<http://www.thepermanentejournal.org>

[PCRM](http://www.nutritioncme.org) Physicians' Committee for Responsible Medicine
www.nutritioncme.org

[Plant-based Diets in Medicine](https://pbdmedicine.org)
<https://pbdmedicine.org>

[Plant-based Nutrition eCornell Certificate Program](http://www.ecornell.com)
www.ecornell.com

[Plant-based Prevention of Disease \(PPOD\)](http://www.preventionofdisease.org)
www.preventionofdisease.org

[Plant Based World Conference & Expo](http://www.plantbasedworldexpo.com)
www.plantbasedworldexpo.com

[The Plantrician Project](https://plantricianproject.org)
<https://plantricianproject.org>

[Rochester Lifestyle Medicine Institute](https://rochesterlifestylemedicine.org)
<https://rochesterlifestylemedicine.org>

WEBSITE GUIDE

FINDING RELIABLE NUTRITION INFORMATION

Sorting through the vast amount of nutrition information and guidance for reliable, accurate, and evidence-based sources can be a difficult task without taking the proper steps. False information can be harmful to your health, provide false hope, and waste your time and money. Here are some helpful tips from the American Institute of Cancer Research to determine if your source can be trusted.

1) Consider the source

Organizations like American Cancer Institute and National Cancer Institute are all reliable sources because they use evidence-based research for their recommendations.

2) Look for “red flags”

Look out for key words like *breakthrough*, *cure all*, *quick-fix*, and *guaranteed results* as they are often too good to be true. Rigorous scientific research is more reliable than personal success stories as evidence from hundreds of participants is more convincing than a single case.

3) Research the author’s credentials & qualifications

Look at who is writing the information you are reading. For health advice, it is best to seek out an expert in the field such as a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN).

4) Check the date on the website & article

Look to see when the website was last updated, or the date a particular article was written. The most reliable sources are kept up-to-date.

WEBSITE GUIDE

Where to find reputable nutrition information

Not everything we see in print can be trusted. Nutrition information and advice can be manipulated to help companies sell a product or program.

Claims and testimonials are not reliable nutrition sources. Here are some agencies you can trust:

- **The government** uses experts to sift through the research to design best practices. Look for websites that end in .gov
- **University scientists** follow set rules for investigating studies. Results are peer-reviewed for bias and accuracy. Look for websites that end in .edu
- **Professional organizations** provide evidence-based research. One example is the American Heart Association. Look for websites that end in .org
- **Journal articles** are studies that are accepted for publication after rigorous review. The National Institutes of Health is one place to find these articles. Type your topic into the search bar and add the letters “NIH” before you hit enter

Examples of reputable websites:

[Nutrition & Health Research](https://www.centerfornutrition.org) Center for Nutrition
<https://www.centerfornutrition.org>

[USDA](http://www.nutrition.gov)
www.nutrition.gov

[American Heart Association](http://www.heart.org)
www.heart.org

WEB LINKS

As you will note in these website references, a plant-based diet focused on whole, unprocessed plant foods is beneficial for multiple conditions.

Since most US citizens often have more than one chronic condition, it is helpful to note that one diet therapy can positively impact several conditions simultaneously.

ARTHRITIS

[Forks Over Knives](https://www.forksoverknives.com/tag/rheumatoid-arthritis/)

<https://www.forksoverknives.com/tag/rheumatoid-arthritis/>

[NutritionFacts.org](https://nutritionfacts.org/?s=arthritis)

<https://nutritionfacts.org/?s=arthritis>

[Nutrition Interventions in Rheumatoid Arthritis: the potential use of plant-based diets](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6746966/)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6746966/>

[NutritionStudies.org](https://nutritionfacts.org/?s=arthritis)

<https://nutritionfacts.org/?s=arthritis>

[Plant-based Diets and 3 Types of Arthritis: A look at the evidence](http://www.forksoverknives.com/wellness/arthritis-plant-based-diets-scientific-evidence/)

[Forks Over Knives
www.forksoverknives.com/wellness/arthritis-plant-based-diets-scientific-evidence/](http://www.forksoverknives.com/wellness/arthritis-plant-based-diets-scientific-evidence/)

[Physician's Committee for Responsible Medicine](https://www.pcrm.org/health-topics/arthritis)

<https://www.pcrm.org/health-topics/arthritis>

[Whole-foods, Plant-based diet alleviates the symptoms of osteoarthritis](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/>

WEB LINKS

CANCER

[ACS guide to nutrition](https://www.secondsale.com/i/american-cancer-society-complete-guide-to-nutrition-for-cancer-survivors-eating-well-staying-well-during-and-after-cancer/9780944235782?gclid=EAIaIQobChMI2bmB5em26QIV8j2tBh3NtwFrEAYYAyABEgJvp_D_BwE)

https://www.secondsale.com/i/american-cancer-society-complete-guide-to-nutrition-for-cancer-survivors-eating-well-staying-well-during-and-after-cancer/9780944235782?gclid=EAIaIQobChMI2bmB5em26QIV8j2tBh3NtwFrEAYYAyABEgJvp_D_BwE

[ACS guide to cancer survivors](https://www.ebay.com/i/114143520351?chn=ps)

<https://www.ebay.com/i/114143520351?chn=ps>

[AICR Cancer Resource: Living with Cancer](https://store.aicr.org/products/instant-download-cancer-resource)

<https://store.aicr.org/products/instant-download-cancer-resource>

[AICR reduce cancer risk with whole grains and dietary fiber infographic](https://www.aicr.org/resources/media-library/reduce-cancer-risk-with-whole-grains-and-dietary-fiber/)

<https://www.aicr.org/resources/media-library/reduce-cancer-risk-with-whole-grains-and-dietary-fiber/>

[Beyond Cancer](https://www.barnesandnoble.com/w/beyond-cancer-sally-alipisky/1127131466?ean=9781988645056)

<https://www.barnesandnoble.com/w/beyond-cancer-sally-alipisky/1127131466?ean=9781988645056>

[Essential cancer treatment nutrition guide](https://www.amazon.com/Essential-Cancer-Treatment-Nutrition-Cookbook/dp/0778802981)

<https://www.amazon.com/Essential-Cancer-Treatment-Nutrition-Cookbook/dp/0778802981>

[A Community Guide to Cancer Nutrition](https://www.gildasclubtoronto.org/a-community-guide-to-cancer-nutrition) Gilda's Club

<https://www.gildasclubtoronto.org/a-community-guide-to-cancer-nutrition>

WEB LINKS

DIABETES

[American Diabetes Association](https://nutritionfacts.org/topics/american-diabetes-association/) Plant-based diets
<https://nutritionfacts.org/topics/american-diabetes-association/>

[Forks Over Knives](https://www.forksoverknives.com/wellness/vegan-diet-reduces-diabetes-risk-symptoms/) Diabetes
<https://www.forksoverknives.com/wellness/vegan-diet-reduces-diabetes-risk-symptoms/>

[Mastering Diabetes](https://www.masteringdiabetes.org/recipe/) (recipes)
<https://www.masteringdiabetes.org/recipe/>

[NutritionFacts.Org](https://nutritionfacts.org/topics/diabetes/)
<https://nutritionfacts.org/topics/diabetes/>

[Physicians Committee for Responsible Medicine](https://www.pcrm.org/health-topics/diabetes)
<https://www.pcrm.org/health-topics/diabetes>

[Preparing to Prescribe Plant-Based Diets for Diabetes Prevention and Treatment](https://spectrum.diabetesjournals.org/content/25/1/38)
<https://spectrum.diabetesjournals.org/content/25/1/38>

GENERAL DIET AND HEALTH

[Aicr.org](https://www.aicr.org/) <https://www.aicr.org/>

[American College of Lifestyle Medicine](https://www.lifestylemedicine.org/Web-Based-Resources)
<https://www.lifestylemedicine.org/Web-Based-Resources>

[FDA daily nutritional requirements to help you eat right.](http://www.livestrong.com/article/440416-fda-daily-nutritional-requirements/) Lama, SC (2019)
www.livestrong.com/article/440416-fda-daily-nutritional-requirements/

WEB LINKS

[FoodHero.org](https://www.foodhero.org/)

<https://www.foodhero.org/>

[Here's what is a plant-based diet is—and what you can and can't eat on one.](https://www.prevention.com/food-nutrition/healthy-eating/a31077033/what-is-plant-based-diet/) Cohen, M. (2020)

www.prevention.com/food-nutrition/healthy-eating/a31077033/what-is-plant-based-diet/

[Living a whole food, plant-based life.](https://nutritionstudies.org/whole-food-plant-based-diet-guide) T. Colin Campbell Center for Nutrition Studies (2019)

<https://nutritionstudies.org/whole-food-plant-based-diet-guide>

[Plant-Based Eating](https://www.hsi.org/issues/plant-based-eating/) Humane Society International

<https://www.hsi.org/issues/plant-based-eating/>

[The Plantrician Project](https://plantricianproject.org/)

<https://plantricianproject.org/>

[The right plant-based diet for you.](https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you) Harvard Men's Health Watch.

(2020) www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you

[Top plant based resource.](https://sharonpalmer.com/plant-based-resources/) Palmer, S. (2017)

<https://sharonpalmer.com/plant-based-resources/>

[What is a plant-based diet?](https://www.everydayhealth.com/diet-nutrition/plant-based-diet-food-list-meal-plan-benefits-more/) Food list, 7-day meal plan, benefits and more. Lawler, M. (2019)

www.everydayhealth.com/diet-nutrition/plant-based-diet-food-list-meal-plan-benefits-more/

[Whole foods, plant-based diet: A detailed beginners guide.](https://www.healthline.com/nutrition/plant-based-diet-guide)

Healthline. (2020)

www.healthline.com/nutrition/plant-based-diet-guide

WEB LINKS

HEART DISEASE

[Eat More Plants, Fewer Animals](https://www.health.harvard.edu/blog/eat-more-plants-fewer-animals-2018112915198) Harvard Health
<https://www.health.harvard.edu/blog/eat-more-plants-fewer-animals-2018112915198>

[Heart Disease Reversal Program Cleveland Clinic](https://my.clevelandclinic.org/departments/wellness/integrative/disease-reversal)
<https://my.clevelandclinic.org/departments/wellness/integrative/disease-reversal>

[How does Plant-Forward Eating Benefit Your Health?](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health)
American Heart Association
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health>

[NutritionFacts.org](https://nutritionfacts.org/topics/heart-disease/) Heart Disease
<https://nutritionfacts.org/topics/heart-disease/>

[Physicians Committee for Responsible Medicine](https://www.pcrm.org/health-topics/heart-disease)
<https://www.pcrm.org/health-topics/heart-disease>

[The Power of a Plant-based Diet for Heart Disease Mayo Clinic](https://www.mayoclinic.org/power-plant-based-diet-for-heart-health/art-20454743)
<https://www.mayoclinic.org/power-plant-based-diet-for-heart-health/art-20454743>

[Vegan & Plant-based Diets and Heart Disease](https://www.clevelandheartlab.com/blog/vegan-plant-based-diets-heart-disease/)
Cleveland Heart Lab
<https://www.clevelandheartlab.com/blog/vegan-plant-based-diets-heart-disease/>

[Undo it](https://www.ornish.com/undo-it/) Ornish Lifestyle Medicine
<https://www.ornish.com/undo-it/>

WEB LINKS

INFLAMMATION

[36 Tips for an Arthritis-Friendly Diet](#) Arthritis Foundation, free downloadable book
www.arthritis.org/liveeyes/premium/36-tips-for-an-arthritis-friendly-diet?

[Anti-inflammatory effects of plant-based foods and of their constituents](#) Watzl, B. (2008)
<https://pubmed.ncbi.nlm.nih.gov/19685439/>

[Do Vegan or Vegetarian Diets Help Reduce Arthritis Inflammation?](#) Arthritis foundation
www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/vegetarian-diet-arthritis

[Foods that Fight Inflammation](#) Harvard Medical School
www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation

[Inflammation 101](#) Forks Over Knives
<https://www.forksoverknives.com/wellness/inflammation-101/>

[NutritionFacts.org](#) Inflammation
<https://nutritionfacts.org/topics/inflammation/>

HEALTH COACHES

CERTIFIED HEALTH COACHES

A Certified Health Coach is a supportive mentor who helps clients feel their best through diet and lifestyle changes and personalized, one-on-one encouragement.

Certified Health Coaches are trained to use evidence-based skillful conversation, clinical interventions, and strategies to actively and safely engage clients in health behavior change. Health coaches are certified or credentialed to safely guide clients who may have chronic conditions or those at moderate to high risk for chronic conditions.

For some health conditions, health coaching may be covered by your insurance. Otherwise, fees for coaching services are out of pocket and may vary between coaches.



HEALTH COACHES

COACHING SERVICES

Health coaching can be conducted online or face-to-face, individually or in groups. Most coaching services are grouped into packages, since multiple sessions are considered the optimal approach. More difficult lifestyle changes may require longer commitments in order to see permanent adoption of new habits and behavioral patterns.

Costs for these packages can vary depending on the coach, since each health coach is an entrepreneur, creating his/her own business plans and having individual career paths. Some health coaches may also have careers in nursing, nutrition, fitness or healthcare management. Others may have pursued a career in health coaching because they have overcome a personal health challenge and have the experience to help others do the same.

Your healthcare provider will determine your health risks and suggest lifestyle modifications needed to reduce that risk. In most cases, you are left on your own to make those changes. A Certified Health Coach is trained to help you determine how to make these changes and assist you in reaching your health goals.

Choosing a health coach is a personal decision but may depend on whether or not his/her services are reimbursable through your insurance provider, or paid out of pocket.

HEALTH COACHES

REIMBURSEMENT FOR HEALTH COACHING

Effective Jan 1, 2020, the American Medical Association (AMA) has approved reimbursement for health coaching that includes Category III CPT codes (Current Procedural Technology). These codes give providers and other healthcare staff a uniform language for medical services and procedures.

Category III CPT codes can be referred to coaching under the category “Health and Well Being Coaching.” These codes are considered temporary since they were intended to support “emerging technology.” Although temporary, they could potentially be updated to Category I, a process that is currently being pursued by the national certification agencies.

Category III CPT codes include:

- 0591T Health and Well-Being Coaching face-to-face, individual, initial assessment
- 0592T individual, follow-up session, at least 30 minutes
- 0593T group (2 or more individuals), at least 30 minutes

In order to submit health coaching sessions for medical reimbursement, the coach must be certified through one of 2 professional organizations [NBHWC](#) (National Board for Health and Wellness Coaching) or [NCHEC](#) (National Commission for Health Education Credentialing).

Medical reimbursement for Health and Well Being Coaching services is currently optional. Be sure to check with your insurance provider to determine if coaching services are covered for your condition.

HEALTH COACHES

PRACTICING LOCAL COACHES

Kirsten Aasen, MS, CHC, CPT 503-250-0873
Certified Health Coach, Dr Sears Wellness Institute
Sports Coaching & Education, University of Auckland, NZ
Certified Personal Trainer, Nat Academy of Sports Medicine
kirsten.aasen@gmail.com

Rosa Atencio, BA, CHWC 541-297-9444
Certified Health & Wellness Coach, Real Balance Global, Inc
Certified Spanish Medical Interpreter. Spanish-speaking with
focus on women and families
nellar74@hotmail.com

Jodi Bouska, CHWC
Certified Health & Wellness Coach, Real Balance Global, Inc
Human resources professional. One-on-one sessions designed
to help you achieve your health and wellness goals using a full
circle approach.
jodi.bouska@gmail.com

Kathy Damas, BA, NBC-HWC 541-708-2164
National Board Certified Health & Wellness Coach
Be Light Health Coaching, LLC
Certified Lifestyle Medicine Coach and National Diabetes
Prevention Program Coach
www.belighthhealth.com
Kathy@belighthhealth.com

HEALTH COACHES

Michelle King-Davis, BA, CHC, CPT

Mastering Diabetes certified health coach and certified personal trainer helping people with all forms of diabetes transition to a plant-based diet. 100% guaranteed to promote weight loss and reduced A1c (or your money back).

www.masteringdiabetes.org/apply

michelle@notdiets.com

Renee' Menkens, RN, MS, CHWC

541-404-1386

Certified Health & Wellness Coach, Real Balance Global, Inc Registered Nurse for 30 years; Professor for 15 years Individualized coaching available. Online or in person. Support, accountability, and encouragement to help you meet your health and wellness goals.

renee.menkens@gmail.com

Stephanie Polizzi, MPH, RDN, CHWC

541-404-7982

Certified Health & Wellness Coach, Real Balance Global, Inc Registered Dietitian certified in Lifestyle Medicine, with expertise using whole plant foods to prevent and reverse chronic disease.

stephanie.polizzi@oregonstate.edu

Cheryl O'Dell, MSN

541-266-9473

Nutritional Coach | Natural Grocers
Phone and virtual complementary health coaching sessions available Wed and Thu.

nhc.cy@naturalgrocers.com

HEALTH COACHES

Statia Ryder, AS, CHWC

541-373-3591

Certified Health & Wellness Coach, Real Balance Global, Inc
Coaching individuals to self-discovery of their nature and
wellness goals using coaching tools to guide the journey.

statia.ryder@gmail.com

Cathy Salyers, MSN, RN, CHWC

541-808-0253

Certified Health & Wellness Coach, Real Balance Global, Inc
Retired Registered Nurse with additional certification in
Lifestyle Medicine welcomes the opportunity to coach you
through the problem-solving process.

salyers2@aol.com

Johanna Shindler, CHWC

541-347-2529 ext 114

Certified Health & Wellness Coach, Pack Health
Coaching available through Coast Community Health Center
Coaching based on your strengths, values, and goals.

johannas@coastcommunityhealth.org

FINDING AN ONLINE COACH

Coaches can attain their certification from a wide range of organizations and agencies. They can attend in-person or online training programs. When looking for a coach, be certain they have attained certification from an accredited agency.

They should state the training is NBHWC approved (National Board for Health and Wellness Coaching) or ICF Approved (International Coaching Federation). Nationally *board certified* coaches carry the designation NBC-HWC.

GETTING STARTED

GETTING STARTED ON YOUR NEW EATING PLAN

If you're new to plant-based eating and want some ideas how to make the transition, here are some reminders that can help. Many of the resources in this booklet are available to assist you in meeting these goals.

- Take free nutrition classes from OSU Extension Family & Community Health, pg 24
- Do some light or heavy reading of books outlining the benefits of a plant-based diet, pgs 26-31
- Review web links about how a plant-based lifestyle can benefit multiple disease states, pg 34-39
- Grow your own vegetables. Ask an OSU Master Gardener volunteer to advise you, pg 17
- Preserve your produce using advice from OSU Master Food Preserver volunteers, pg 25
- Visit a local farmers' market or become a member of a CSA, pgs 3, 15-16
- Order a plant-based or vegetarian meal at a local restaurant, pgs 13-14
- Watch online cooking demonstrations or sign up to take an online cooking course, 18-19, 30
- Sign up to receive plant-based meal kits, pg 14
- Take the Complete Health Improvement Program course (CHIP) either live online or home study, pg 30
- Enlist the help of a local certified health and wellness coach, pgs 40-45

GETTING STARTED

There are also online programs that can “kickstart” your success. Although there are many from which to choose, here are a few that are highly recommended. These programs are all free.

[21-Day Kickstart](http://www.PCRM.org)

www.PCRM.org

[Forks Over Knives Meal Planner](http://www.forksoverknives.com)

www.forksoverknives.com

[21-Day Plant-Based Challenge](http://www.thebeet.com)

www.thebeet.com

[International Vegan Association](http://www.internationalvegan.org)

www.internationalvegan.org

[Kaiser Permanente](http://www.healthy.kaiserpermanente.org)

www.healthy.kaiserpermanente.org

[Old Ways](http://www.oldwayspt.org)

www.oldwayspt.org

[PETA](http://www.peta.org/living/food/vegan-101-guide-for-new-vegans)

www.peta.org/living/food/vegan-101-guide-for-new-vegans

[Ten Weeks to Vegan](https://veganoutreach.org/10wimpact)

<https://veganoutreach.org/10wimpact>

<https://veganoutreach.org/10-weeks-to-vegan/>

[The McDougall Program](http://www.drmcDougall.com) and [McDougall Quick Start](http://www.drmcDougall.com)

www.drmcDougall.com

[The Vegan Society](http://www.vegansociety.com)

www.vegansociety.com

[Vegan Society of Hawaii](http://www.vsh.org)

www.vsh.org

NUTRITION RESOURCE GUIDE



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