

Nutrition articles in the news:

Contributed by our Santa Clara Valley Medical Center Dietitians



Mediterranean diet – A day’s worth of meals

[A Day’s Worth of Meals on the Mediterranean Diet | U.S. News \(usnews.com\)](#)

12/1/22 by Shamrock Wong MS, RD

12 Health Benefits of a Plant-based Diet

[12 Reasons to Choose a Plant-Based Diet | U.S. News \(usnews.com\)](#)

3/1/22 by Janette Wong MS, RD



Do you need Exercise to Lose Weight?

[Do You Need to Exercise to Lose Weight? | U.S. News \(usnews.com\)](#)

1/31/22 by Andrea Whitson MS, RD

Foods to Help Control Diabetes:

[Foods for Diabetes | U.S. News \(usnews.com\)](#)

12/16/21 (update to the 2019 article) by Rebecca Ringer RDN, CNSC



Reasons to Choose a Plant-Based Diet:

[12 Reasons to Choose a Plant-Based Diet | U.S. News \(usnews.com\)](#)

11/15/21 by Janette Wong MS, RDN

10 Tips for Starting a More Sustainable, Eco-friendly Diet:

[10 Tips for Starting a More Sustainable, Eco-Friendly Diet | U.S. News \(usnews.com\)](#)

11/10/21 by Janette Wong MS, RDN



How to Become a Meal Prep Expert:

[15 Meal Prep Tips for Healthy Eating 2022 | U.S. News \(usnews.com\)](#)

11/8/21 by Clara Porcella MPH, RDN and Shamrock Wong RDN

Foods to Toss when Starting a New Diet:

[How To Start a New Diet and Foods to Throw Out | U.S. News \(usnews.com\)](#)

11/5/21 by Janette Wong MS, RDN



8 Top Iron-Rich Foods:

[Top Iron-Rich Foods to Fight Iron Deficiency | U.S. News \(usnews.com\)](#)

8/12/21 by Janette Wong MS, RDN

Oat versus Almond Milk – Which is Better?

[Almond vs. Oat Milk: Which Type of Milk Is Healthiest? | U.S. News \(usnews.com\)](#)

7/12/21 by Janette Wong MS, RDN



Whole Wheat versus Whole Grain – Which is more Nutritious?

[Whole Wheat Vs. Whole Grain: Which Is Healthier? \(insider.com\)](#)

4/27/21 by Cynthia Delabahan RDN

Should You Get tested for Vitamin D?

[Should You Get Tested for Vitamin D? \(healthline.com\)](#)

4/13/21 by Elena Gagliardi MS, RDN



10 Breast Cancer Nutrition Myths You Shouldn't Follow:

[Breast Cancer Myths – Nutrition and Cancer | U.S. News \(usnews.com\)](#)

10/13/20 by Lisa Skrenchuk MS, RDN, CSO

What is the FODMAP Diet? Does it Work?

[What Is FODMAP Diet? Does It Work? | U.S. News \(usnews.com\)](#)

9/25/20 by Shelley Wood MPH, RDN



What is Choline?

[What Is Choline and Choline Rich Foods | U.S. News \(usnews.com\)](#)

9/9/20 by Elena Gagliardi MS, RDN

What is the GOLO Diet?

[What Is the GOLO Diet? \(usnews.com\)](https://www.usnews.com)

8/10/20 by Elena Gagliardi MS, RDN

