

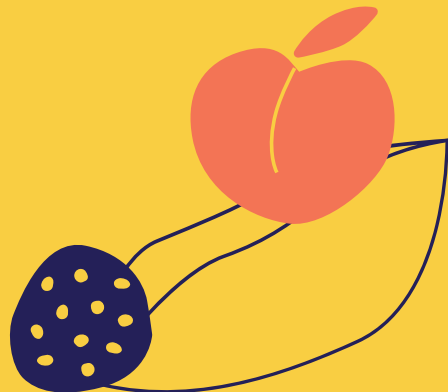
Dr. Marlene MD
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NUTRITION

Foods for the Brain & the
MIND Diet

The Brain uses 20% of our daily intake of nutrients. The brain continues to grow and repair itself daily, a process called Neuroplasticity. Is there such a thing as brain foods or the MIND Diet? The answers are yes! What foods help our brain to function well? Are there certain foods to avoid? Listen and learn about foods for the brain.



3-2021





Healthy Food Plans: The Mediterranean Diet and Beyond

I do believe that Diet is a '4-letter word'. The question is why? What is the difference between a diet and a food plan? Do you know how many fruits and vegetables are recommended for daily intake? What is the difference between a serving size and a portion size? Learn about the Dietary Guidelines for Americans 2020-2025 in a simple, easy to follow way. You are what you eat!

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Plant-based Proteins Explained

Protein is a very important macronutrient for our body. What is the importance of protein? What foods contain protein? What are plant-based proteins? How can a person incorporate plant-based proteins into their diet, in a cost effective manner. What is the environmental significance of a plant-based protein diet? Does a person on a plant-based protein diet need supplements? Explore plant-based protein diets with this segment.

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Going Gluten-Free, The Easy Way

It has become common to hear about a person on a gluten-free diet. That symbol, GF, what does it mean? But hey, Gluten, who are you? Learn about the changes in the farming and food industry last century that are related to gluten sensitivity. Why are certain people gluten sensitive? Secrets of being gluten-free at home and eating out are revealed.

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The Health Benefits of Reading Food Labels

Food labels are found on most products. In 2020, the food label guidelines were updated. What do the numbers, categories, and words mean on these labels? Daily value, percentage, sodium, added sugars are now listed. This program dissects the importance of these ingredients in your food and the health benefits of reading the label.

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