

In the news: Providence dietitian discusses new study on nutrition

7/24/2019

July 24, 2019

PROVIDENCE CLINICAL PROGRAMS – A new study shows that it's not obesity, trans-fat or sugar that contributes to nutrition-related deaths – it's what we aren't eating enough of.

Becky McCarver, pediatric dietitian and diabetic educator with Providence Oregon Clinical Programs, sat down with KATU News to breakdown research that identifies new catalysts for nutrition-related deaths.



"1 in 5 people had deaths related to inadequate nutrition, which globally is about 11 million people," Becky says.

The study found that people were not consuming enough fruit, nuts and whole grains. Instead, their sodium intake was far higher than recommended levels, thanks to processed food.

"We want to figure out how to increase whole grains and fruits in the diet and decrease the sodium," Becky says.

She suggests using a divided plate to make sure you are eating the correct portions of fruits, vegetables, grains and protein.

"Every time we sit down to eat a snack or a meal, try to have a fruit or vegetable. Try to make sure most of your grains are whole," she says. "Try to add beans most days of the week."

Check out the full story with [KATU News](#).