

bellinstitute NEWS

e-Newsletter for Health Professionals · Issue No.2



We are excited to bring you the 2nd edition of the Bell Institute of Health and Nutrition e-newsletter. We look forward to enhancing your health education needs throughout 2009!

Create-Innovate-Educate-Together We are committed to bringing you the best in practical, reliable, and user-friendly resources...**so we need to hear how to best serve you!** Look forward to a brief email survey in the next few weeks where you can become eligible to win great prizes, just for participating!

NEW Resources at bellinstitute.com

Frozen Vegetables are as Nutritious as Fresh

Americans need to triple their vegetable consumption to meet federal recommendations! How can we help increase our client's intake? Check an engaging new resource where you can learn about the research comparing fresh, canned and frozen vegetables and tip sheet and conversation starters to motivate your client's vegetable eating habits.

www.bellinstitute.com/vegetables.



Discover Vitamin D: A Fact Sheet

Are your patients and clients asking about the latest in Vitamin D recommendations? This fact sheet provides quick facts to help you get up to date on the topic.

www.bellinstitute.com/smallsteps.



Keeping You Informed

Latest Research - Study Supports Whole Grain and Digestive Health

Research in the Journal of Agricultural and Food Chemistry examined digestive properties and health benefits of various grains before and after processing, and revealed that the utilization of whole grains in the gut by bacteria produces short-chain fatty acids and food for the bacteria in the colon, both beneficial to health. An interesting finding of the study was that the whole grains were still fermentable independently of the fiber content. [Click here](#) to access the journal article.

Health Professional News - Join us at upcoming professional conferences:

April 3-6, 2009 - American Pharmacists Association - San Antonio, TX

April 16-18, 2009 - Preventative Cardiovascular Nurses Association - Dallas, TX

April 20-22, 2009 - Whole Grains Council: Make (at least!) Half Your Grains Whole Conference - Alexandria, VA

May 23-28, 2009 - American Academy of Physicians Assistants - San Diego, CA

Product Spotlight



New Yo-Plus Blueberry Acai yogurt brings flavor and function together! It's a delicious choice for clients seeking digestive and bone health benefits. Yo-Plus contains a natural dietary fiber, live and active probiotic cultures, and is a good source of calcium, and vitamins A & D. www.Yo-Plus.com

Fiber One Frosted Shredded Wheat is #1 in fiber among leading frosted shredded wheat cereals. Fiber One Frosted Shredded Wheat provides 8 grams of fiber per serving (33% Daily Value)! It also has at least 51% whole grain by weight, offering a delicious way to help your clients meet both fiber and whole grain recommendations!

www.fiberone.com/Product/Cereals.aspx



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