



Seventh-day Adventist® Church  
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.



# More Than We Realize

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Each year, dietitians and nutritionists rejoice during the month of March for National Nutrition Month®. It’s our opportunity to get a bit of the spotlight and focus on the importance of a healthy eating plan. The theme for 2024, in a campaign provided by the Academy of Nutrition and Dietetics, is “Beyond the Table.”

With this theme, we are encouraged to consider what happens to our food and drinks before and after they reach our tables. Also, what are we consuming while not at a table, such as in the car, on a hike, snacking on the run between meetings or classes, or when lounging on the sofa. Are we truly fully aware of what we are putting into our magnificently designed bodies?

From the growing body of evidence, we can now say that what we consume affects much more than we previously realized. For instance, the interaction between our genes and the nutrients we eat, a field called nutritional genomics, has grown in the last few decades. We also understand more, though admittedly not all, about how the foods we eat impact the gut microbiome and consequently our immune system. And the role of nutrition in mental health-related concerns is certainly gaining ground, including it’s role in recovery from substance use disorders. Adding more to the diverse conversation is the data demonstrating the carbon footprint and environmental impact of various eating patterns.

In spite of these advances in scientific knowledge, the average person tends to have a low understanding of nutrition. In general, only about 15% of US adults are able to accurately evaluate the quality of their diet, and 75% tend to over-estimate the health of their diet.

## Tools to Help

Like much else in life, there is not a “one size fits all” approach to our diet. Clinical dietitians recognize this when prescribing a diet for the patients under their care. And even when offering nutrition information to a group of individuals, such as is often done in churches, it’s so important to know the specific needs and challenges of that particular population group. And great care must be taken that we don’t become “prescriptive” in our educational efforts.

Thankfully, there are several tools available to help share the broad concepts of healthy eating, and which can be applied across much of the population. Here are a few...

[click here to continue reading](#)  
or visit [NADhealth.org/articles](#).



The Joy of Eating resource includes articles and recipes to help you make healthy choices each day. Click the logo or visit [JoyofEating.org](#).

## Moroccan Chickpea Salad

By Denise Halenz-Robinson

Add a little zest to these protein-packed beans. Great for a side dish, or make a larger quantity and serve with fresh greens, falafel, and avocado slices to make a meal-sized salad.



### Health Summit Intensive: Mission Accomplished



**Dates:** April 26-28, 2024  
**Location:** NAD Headquarters, Columbia, MD

Join us for an intensive training weekend and become equipped to share some of the most relevant health programs available. Visit [NADhealth.org/summit](https://NADhealth.org/summit) for details on the following courses:

- ENGAGE: Ministry to Youth & Young Adults
- Foundations of Faith Community Nursing
- Journey to Wholeness Facilitator
- Health Everlasting: Reaching Your Community with Health
- LIFT: Coaching Like Jesus
- Mental Health Coaching
- Seasons of Grief Facilitator
- Soul Shop Workshop
- Vision Clarity: Discover God's Vision for Your Life

Don't miss this experience!

### Online Course for Nurses

The Adventist Association of Faith Community Nursing has launched a new online, self-study course, hosted by Adventist Learning Community. This course provides contact hours for nurses and partially fulfills requirements to serve as a Faith Community Nurse. Visit [AdventistNurse.org](https://AdventistNurse.org) to learn more.

April 23, 2024

### Continuing Education for Nurses

Nurses can obtain 1.25 contact hours for live attendance and participation.  
Topic: Resilience: Thriving Under Pressure

May 4, 2024

### Nurses Appreciation Sabbath

Plan to recognize and thank God for the nurses, and other healthcare providers, in your church and in the surrounding community. Invite them to join your services for a special recognition.

Visit [NADhealth.org/calendar](https://NADhealth.org/calendar) for details.

### WORDS OF HOPE

Christ used the figure of eating and drinking to represent that nearness to Him which all must have who are at last partakers with Him in His glory. The temporal food we eat is assimilated, giving strength and solidity to the body. In a similar manner, as we believe and receive the words of the Lord Jesus, they become a part of our spiritual life, bringing light and peace, hope and joy, and strengthening the soul as physical food strengthens the body.

*Lift Him Up, p 105*



## March is National Nutrition Month®

View these fun and informative handouts and resources provided by the Academy of Nutrition and Dietetics. Click each button to access or visit [eatright.org](https://eatright.org).



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HEALTH TIPS



EATING RIGHT ON A  
BUDGET



EATING RIGHT TIPS FOR  
OLDER ADULTS



FACT OR  
FICTION



SMART SNACKING  
FOR KIDS



SMART TIPS FOR  
PLANT-BASED EATING



WORD  
SEARCH



HEALTHY EATING ON  
THE RUN



FIND A NUTRITION  
EXPERT