

STRENGTHENING COMMUNITIES

Titchenal and Dobbs present the story behind the story so that people can make informed decisions about their health.

Making Healthy Choices

Nutrition and health news is big all over the United States today, and a lot of it seems contradictory. Diet gurus tell us to eat carbohydrates and shun protein or vice versa; one fitness expert tells us to concentrate on aerobic exercise and another pushes weight training; studies report that eating some long-time favorite food is actually unhealthy. How to make sense of it all? Hawai'i residents are fortunate to have help sifting through the claims and counter-claims in every Wednesday's edition of the Honolulu Star-Bulletin. There, in a regular column entitled "Health Options," written by CTAHR nutrition scientists Alan Titchenal and Joannie Dobbs, they will find science-based nutrition, fitness, and general health information. Titchenal and Dobbs try particularly to focus on breaking news and present the story behind the story so that people can make informed decisions about their health. Recently, for example, they advised readers to save their money and ignore claims that raw food enzymes are essential for health. To be sure, one should eat vegetables, but not for their enzymes. Titchenal and Dobbs estimate that their newspaper column reaches as many as 6000 people per week. CTAHR's Department of Human Nutrition, Food and Animal Sciences has an excellent nutrition program. Alan Titchenal and Joannie Dobbs extend that program into the community with reasonable, common-sensical nutrition and health information.



Photo: Honolulu Star-Bulletin

Alan Titchenal and Joannie Dobbs.

