



FOR IMMEDIATE RELEASE



Tennessee State University School of Agriculture and Consumer Sciences

## 21st Century Agriculture

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### TSU School of Agriculture and Consumer Sciences Hosts Workshops to Discuss Dietary Guidelines



Rita Fleming

TSU Cooperative Extension will host five free workshops on healthier eating beginning Tuesday, May 17<sup>th</sup>. The workshops will focus on the key recommendations and themes from USDA "Dietary Guidelines for Americans, 2010".

"Bring Your Lunch & Learn Workshops" will be hosted by Nutrition Education Extension Specialist Leslie Speller-Henderson and Health Education Extension Specialist Rita Fleming beginning at 12:00pm in the Farrell-Westbrook Agricultural Complex Room 118.

The interactive workshops will focus on the importance of health promotion and disease prevention as ways to address the obesity epidemic that is affecting all segments of our society.

"Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity in this country," said Speller-Henderson. "Even when we are not overweight, poor diet and physical inactivity are associated with the major causes of diseases and death."

Interactive workshops of this nature provide important opportunities to reduce health disparities through dietary and physical activity changes according to Speller-Henderson.

Topics addressed during the workshops will be:

Balancing Calories	Tuesday, May 17 <sup>th</sup>
Foods to Increase	Tuesday, June 14 <sup>th</sup>
Foods to Reduce	Tuesday, July 19 <sup>th</sup>
Building Healthy Eating	Tuesday, August 16 <sup>th</sup>
Making Healthy Choices	Tuesday, September 13 <sup>th</sup>

The Dietary Guidelines are jointly issued and updated every five years by the Departments of Agriculture (USDA) and Health and Human Services (HHS). They provide authoritative advice for Americans ages two and older about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

For more information about the "Bring Your Lunch & Learn Workshops", contact Leslie Speller-Henderson at [lspeller@tnstate.edu](mailto:lspeller@tnstate.edu) or Rita Fleming at [rfleming2@tnstate.edu](mailto:rfleming2@tnstate.edu).