

# WE'RE HERE FOR YOU



## CHI St. Anthony Hospital

2801 St. Anthony Way,  
Pendleton, OR

### **Christine Guenther, RD, LD**



#### **Diabetes Education**

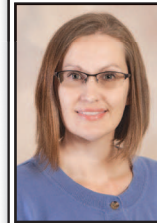
3001 St. Anthony Way  
Pendleton, OR 97801  
Medical Office Building  
Suite #120

541-278-3235

[www.sahpendleton.org](http://www.sahpendleton.org)

St. Anthony Hospital's nutrition and diabetes services offer nutritional counseling tailored to your needs, as well as diabetic education classes and healthy eating classes.

### **Melissa Naff, RD, LD, CDE**



#### **Nutrition Services**

3001 St. Anthony Way  
Pendleton, OR 97801

541-278-3249

[www.sahpendleton.org](http://www.sahpendleton.org)

Call Christine Guenther of nutrition services at 541-278-3235 or Melissa Naff at 541-278-3249 to find out how our nutritional counseling services can help you.

## **THE VALUE OF EATING FRESH**

**Choosing food that are grown where you live can boost your health and your local economy.**

Spring is right around the corner, and you can feel the promise of warm-weather produce in the eastern Oregon air. Whether you are a fan of veggies like asparagus, carrots, and spinach or prefer juicy sweet fruits like peaches and watermelon, you can find what you crave at our local markets in Pendleton. As an added bonus, the health benefits of eating these foods are also abundant.

Because your local farmers grow the produce nearby, you can pick up local fruits and veggies soon after harvest, when flavor and nutrients are in their prime. In contrast, out of season produce that is not native to your area is typically ripened artificially, which can cause the taste to be a little bland and the nutrient content to be less dense.

Eating fresh, local food is the best thing for you, "says Larry Blanc, CHI St. Anthony Hospital Director of Communications/Foundation. "A diet high in fruits and vegetables is naturally low in fat and calories and can help keep cells healthy while also reducing inflammation."

By eating local foods, you also run less risk of foodborne infections. When food has to travel long distances to get from the farm to your plate, the chances of it becoming contaminated increase. Food that is grown at a nearby organic farm is less likely to come into contact with dangerous chemicals and toxins.

### **THE FINANCIAL FACTOR**

When you choose food grown in your local area, you invest in your community. Specifically, you support the individuals and families who make their livings in local industries, including farming, harvesting, transportation, and retail. That's a healthy habit we can all feel good about.

*Need a hand building better eating habits? CHI St. Anthony Hospital Nutrition Services can help. Visit [sahpendleton.org](http://sahpendleton.org) and select "Nutritional Counseling" from the "Services" menu or call Christine P. Guenther, RD, LD, at 541-278-3235.*