When did women's nutrition get so complicated?

In honor of National Nutrition Month, we took the opportunity to talk with Christie Naze, R.D., C.D.E., about women's nutrition. One of the main questions we had was: When did women's nutrition (frankly, all nutrition) get so complicated?

Between all the fad and exclusion diets, the next super food and recommendations from seemingly anyone and everyone, many of us have been left wondering: what should we be eating?

Better the Future - Ending chronic disease where it starts

What if we could prevent diseases like diabetes and heart disease? As it turns out, we can. OHSU is a global leader in a field of science called the developmental origins of health and disease, which shows that our genes are far more than a rigid blueprint for our health.
Women's health events in March

Community partner events
6 - Susan G. Komen Breast Cancer Issues Conference
11 - OWHN Lecture: Collaborative Efforts in Women's Physical Health

OHSU lectures and events
10 - Baby Talk with OHSU Fertility Consultants
15 - Young Women's Hearts at Risk + Pregnancy Heart Health
14/18/28 - Breath by Breath mindfulness drop-In sessions

And don't forget to check us out on Facebook for more nutrition tips and info, upcoming events and other women's health and wellness information.

Other events

Women Who Inspire Us
Dr. Marie Equi

March is also Women's History Month. This month we feature physician and activist Dr. Marie Equi. An OHSU alumna, Dr. Equi was one of the first woman physicians in the Pacific Northwest. She was also a supporter of justice, who fought tirelessly for labor rights, women’s suffrage and women's reproductive choices.

Read more about Dr. Equi
Image credit: OHSU Historical Collections and Archives