

FootNotes

SUMMER 2011, QUARTERLY NEWSLETTER - SAMARITAN HEALTH SERVICES LIBRARIES

MY, OH MY! MYPYRAMID REPLACED WITH MYPLATE



The [USDA](#) has replaced MyPyramid with the new [ChooseMyPlate](#) graphic. The intent of this new graphic is to help consumers “build” a healthier plate at meal times by promoting and emphasizing fruits, grains, vegetables, proteins, and dairy food groups. Also by helping consumers make changes in their dietary habits. Some of these changes include: balancing daily calories and making healthy food group choices throughout the day and during each meal. In addition to reading the ingredients on food labels and by choosing foods that are low in sugar and sodium.

There are numerous tools on [ChooseMyPlate](#) that can help you plan a healthy diet. Once you are on the [ChooseMyPlate](#) web site, look for the [Interactive Tools](#) in the left hand column and select the [Daily Food Plan](#). The Daily Food Plan will provide you with specific food amounts to help you create your own balanced diet and meal plans.

This easy to understand graphic will help consumers adopt healthy eating habits that are consistent with the [2010 Dietary Guidelines](#) for Americans. It’s all about eating healthy and making healthy choices!

ABOG Recertification is as Easy as Point, Click & Read!

The [ABOG Reading List - General with Specialties](#) has been updated; the reading lists for July are presented on two pages on the [Clinical Medicine/Specialties](#) page under the [Obstetrics and Gynecology](#) section of www.samlib.com.

Practicing Obstetricians and Gynecologists who may be looking for their continuing medical education re-certification can click on the [American College of Obstetricians and Gynecologists](#) link for the most current reading lists. If you missed any of the past reading lists click on the [Index to previous ABOG Reading Lists](#); listings are from 2009 to current.

The Stanley K. Davis Library Has Moved

The Stanley K. Davis Library has moved to a new location in Samaritan Albany General Hospital; moving from the fourth floor down to the third into the Beauchamp Room. SAGH Medical Librarian Douglas Hambley planned and organized the move. For your convenience there are two computers dedicated to SHS Intranet and two computers for the Internet.

The Library Services Continue on the Virtual Path

Many more of our subscription-based resources will continue to be provided by print plus online formats. With time constraints taking up a greater part of each of our days, it is imperative for your libraries to continue to offer more of what we have for you in electronic formats through the [Medical Library Gateway](#).

The library staff is always happy to assist you with instructions on how to use any of electronic resources we subscribe to.

Welcome New Medical Residents and Students!

The Libraries of Samaritan Health Services would like to welcome our new residents and students to Samaritan Health Services. The library staffs at both Good Samaritan Regional Medical Center (GSRMC) and Samaritan Albany General Hospital (SAGH) are ready to assist with all your information needs.

**Visit or contact SHS libraries: Murray Memorial Library at GSRMC - 541.768.6200
or Stanley K. Davis Library at SAGH - 541.812.4446.**