

Live Light Live Right Newsletter

Summer 2014

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www.livelight.org

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Ask The Experts
Judy Marshel,
PHD, RD, CDN
Senior Nutritionist



[How Does Whole Wheat Bread And White Bread Differ?](#)

6-Week Fitness Challenge



Live Light Live Right partners with **body sculpt of New York** for a 6-Week Fitness Challenge
[Learn More](#)

2014 Summer Camp Program

Live Light Live Right Summer Camp 2014 is



LIVE LIGHT LIVE RIGHT

At Brookdale Hospital

Dear Friends,

Happy Summer! We are finally in the heat of summer and there is still time to get active and be outdoors. Many activities are available in the New York area now that the weather is warmer. We have many tips and resources on our [website](#) that are fun and help you stay on track.

The Live Light Live Right summer camp program is well underway with our community partners **CAMBA** (www.camba.org). We have also partnered with **body sculpt of New York** for a 6-week Fitness challenge this summer to improve overall fitness levels and add a variety of sports, exercise activities and healthy eating nutrition workshops.

With these new programs, there will be new expenses. If you would like to make a donation to support a child for the summer program, you can do so through our [website](#).

You can also mail your donation to:

Live Light Live Right
c/o Sarita Dhuper
Room 300 CHC
Brookdale University Hospital
Brooklyn, NY 11212

Yours truly,

Dr. Sarita Dhuper
Director of Pediatric Cardiology and the Live Light Live Right Program
Brookdale University Hospital and Medical Center
Sdhuper@Brookdale.edu / Sdhuper@livelight.org
livelight.org

Live Light Live Right's Feature Food: The Avocado

The Amazing Avocado...Great Nutrition Meets Great Taste

partnering with CAMBA
[Learn More](#)

Chef Nico's Creations



Live Light Live Right's Nutritionist Chef Nico's Salsa Creations
[Learn More](#)

Live Light Live Right is Joining the "We All Want Healthy Kids" Campaign

[Learn More](#)

Liver Illness Tied to Obesity

Non-alcoholic fatty liver disease (NAFLD) is the build up of extra fat in liver cells that is called a fatty liver (steatosis).

[Learn More](#)

Contact Us

Clinic Appointments:
718-240-8125
Information about the Program
info@livelight.org



Avocado season is quickly approaching, and there are more ways to enjoy this superfood than just making guacamole. Flavorful, creamy, and full of healthy fats, avocados are perfect for desserts, dips, salsas, salads, sandwiches, and more! [Learn More about avocado's](#)

Featured Participant

Holland Chastity Blair



Chastity is a 15-year old female who has been in our LLLR program since July 2010. Her BMI was significantly elevated at 44.44 in July 2010 and this lead to her developing a kidney dysfunction. The doctors at LLLR explained to her the need to change her lifestyle and become physically active if she did not want to go on dialysis. She had a kidney biopsy in November, 2010 when she was diagnosed with Focal Segmental Glomerulosclerosis Stage I.

[Learn More about Chastity's Journey](#)

Nutrition Corner

Summer Picnics and Barbecues

Summer is filled with fun events, from graduation parties, Fourth of July picnics, to good old-fashioned backyard barbeques - it's likely that you have already attended several events in this summer season. With a little preplanning, these social gatherings can offer not only great company and fun, but a menu that is nutritious and... [Learn More](#)

News and Events

Live Light Live Right participated in *The NBC 4 New York and New York Giants Health & Fitness Expo*

On July 19th and July 20th, the Live Light Live Right (LLLR) Program participated in the second Annual NBC 4 News & New York Giants Health & Fitness Expo. It was held at the MetLife Stadium in New Jersey. There were more than 300 exhibitor booths with a vast array of information and new...[Learn More](#)