

Nutritionist Ethel Griggs Starts Column

Doctors have known for a long time that foods people eat have a lot to do with health. But which foods are the right ones?

This question has been a source of controversy for hundreds of years.

Beginning this week, the Tundra Times will feature a column of questions and answers about food. It will be written by Ethel Mae Griggs, public health nutritionist for the northern area of the Alaska Native Health Service.

Her first column is on page 2.



Ethel Mae Griggs