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DEPARTMENT HELPS KIDS EAT SMARTER AND MOVE MORE

Celebrate Fruits & Veggies – More Matters Month



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Tallahassee, Fla.—September is Fruits & Veggies—More Matters Month. The Florida Department of Health encourages kids to eat smarter and move more. A healthy diet combined with physical activity can help Floridians of all ages achieve and maintain a healthy weight.

“Children learn habits from those around them,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “This month is a reminder of how important fresh fruits and vegetables are for all of us.”

The United States Department of Agriculture recommends filling half your plate with fruits and vegetables. The benefits of doing so are plentiful:

- May reduce risk for heart disease, including heart attack and stroke, and risk of some cancers;
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and Type 2 diabetes; and
- Foods rich in potassium may lower blood pressure reduce the risk of developing kidney stones and help to decrease bone loss.

To make the first step to finding a healthy weight more accessible, Healthiest Weight Florida created *Small Steps to Living Healthy*. This is an email-based program that allows you to sign up for weekly tips, tricks and [Fresh From Florida](#) recipes delivered directly to your inbox. These ideas can help you reach or maintain your healthiest weight. Each week of the month highlights a new topic area: Set Goals, Move More, Be in the Know and Eat Smart. [Register](#) online to receive *Small Steps* emails and opt out at any time.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.