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FLORIDA HEALTH PROMOTES HEALTHY EATING DURING NUTRITION MONTH



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Tallahassee, Fla. — The Florida Department of Health (DOH) celebrates March as National Nutrition Month, which is sponsored annually by the Academy of Nutrition and Dietetics. This year's theme is: "Go Further with Food." The campaign highlights the far-reaching benefits of making informed eating choices. Informed eating goes further than choosing the most nutritious options—eating choices can also conserve money, save time, and reduce food waste.

"Making healthy food choices is important for both children and adults not only for fueling our bodies, but importantly for the benefits of vitamins and minerals contained in fruits, vegetables, and whole grains," said State Surgeon General and Secretary Dr. Celeste Philip. "Make it a goal this year to improve your food choices and develop sound eating and physical activity habits. Everything you eat and drink matters and the foods you choose can make a difference in your overall health."

The Academy of Nutrition and Dietetics suggests following these tips to go further with food.

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as [MyPlate](#) encourages us to do.
5. Continue to [use good food safety practices](#).
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

To learn more about nutrition and National Nutrition Month, visit the Academy of Nutrition and Dietetics website at: www.eatright.org.

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.

Florida's WIC program is a federally funded nutrition program for Women, Infants, and Children. WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services. Find out more at www.FloridaWIC.org.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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