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Make Healthy Shifts in Food Choices during National Nutrition Month®



Contact

Communications Office
NewsMedia@flhealth.gov
850-245-4111

Lee County, Fla. – During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home.

The 2015-2020 *Dietary Guidelines for Americans* recommend making small changes to eating patterns to include healthier ingredients while cooking at home. Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

"Making several small shifts is easier to sustain over time, thus more effective than making drastic changes all at once in your diet," says Lori Riddle, RD/N, LD/N, CLC – Lee County WIC Director. This year's theme encourages us to make small, healthier food choices – one forkful at a time during National Nutrition Month® and beyond.

Healthy shifts include selecting more:

- Vegetables, including dark green, red and orange, beans, peas and others
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

To find a personalized plan that works best, consult a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.

As part of National Nutrition Month, the **Academy's website** includes articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds. Consumers can also follow National Nutrition Month on **Facebook** and **Twitter** (#NationalNutritionMonth).

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