



FOR IMMEDIATE RELEASE
March is National Nutrition Month

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WHEN EATING AT HOME OR AWAY, PLAN TO EAT HEALTHY

JACKSON, Mich. – To celebrate National Nutrition Month, the Jackson County Health Department’s (JCHD) *Women, Infant and Children (WIC)* program is joining with the *Academy of Nutrition and Dietetics* to urge residents to make small changes – if even one forkful at a time – to develop a healthier way of eating for a lifetime. This year’s National Nutrition Month theme, “*Put Your Best Fork Forward*”, reminds residents that each bite counts.

The *2015-2020 Dietary Guidelines for Americans* suggest starting with small changes that will likely lead to lasting changes. Consider such steps when planning meals at home or when making choices away from home. In addition, make a commitment to:

- Create an eating style that includes a variety of your favorite, healthy foods;
- Cook more at home, using healthier ingredients;
- Learn how much you should eat or drink by checking out www.choosemyplate.gov;
- Be physically active most days of the week, where you’re breathing harder, breaking a light sweat and engaging in strength-building exercises.

When eating at home, the JCHD’s *Healthy Communities Coordinator* suggests increasing these simple healthy foods in your diet:

- Dark green, red and orange vegetables, beans and peas
- Whole fruits
- Fat-free or low-fat milk, yogurt, cheeses, as well as soy beverages that have added vitamins and minerals
- Seafood, meats that don’t have a lot of fat, chicken and turkey without the skin, nuts and soy products
- Oils such as canola, corn, olive, peanut, sunflower and soy

When eating away from home, choose foods carefully. Enjoy your lunch with co-workers or a meal out with family, but plan ahead. For example, eat a lighter meal before or after so go out to keep calories and portion sizes in check. Choose healthy side dishes such as dark green leafy salads with no- or low-fat dressing, steamed or roasted vegetables, and use to-go boxes to control portion size.

For more information about how you can create a healthy way of eating for a lifetime, contact the Jackson County Health Department’s WIC Coordinator at 517-768-1654 or the Healthy Communities Coordinator at 517-768-1650.