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National Nutrition Month® 2017: Put Your Best Fork Forward

Kingsford and Iron River, Mich. – March is National Nutrition Month® and to celebrate, the Dickinson-Iron District Health Department, and the Michigan Women, Infants, and Children (WIC) Program joins with the Academy of Nutrition and Dietetics to remind us that each bite counts. This year’s theme inspires us to start with small changes in our eating habits – one forkful at a time. Making small shifts in our food choices, can add up to big changes over time. Whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

Ways to Make Each Bite Count:

• Create an eating style that includes a variety for your favorite, healthful foods.
• Practice cooking more at home and experiment with healthier ingredients.
• How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
• Find activities that you enjoy and be physically active most days of the week.

“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. Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur,” says Ruth Manier RN BSN, director of community health services at the Dickinson-Iron District Health Department.

Manier encourages everyone to eat more of these foods:
• 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

"It's important to create an eating style that includes a variety of your favorite, healthful foods," Manier says. "We encourage families to consider cultural and personal preferences to make these shifts easier to maintain."

For the “National Nutrition Month® Celebration Toolkit” visit www.eatright.org for tip sheets, videos, and games.

About WIC:
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded program serving low income women, infants and children up to age 5, by providing nutritious food, nutrition education, breastfeeding promotion and support, and referrals to health and other services. To learn more about WIC or find an agency near you, call 906-779-7212 or 906-265-4173. This institution is an equal opportunity provider.

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