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‘Enjoy the taste of eating right’ during National Nutrition Month



Stanton- Mid-Michigan District Health Department (MMDHD) joins the Academy of Nutrition and Dietetics in celebrating National Nutrition Month in March.

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month.

This year's theme, ‘Enjoy the Taste of Eating Right,’ reminds everyone to make taste a priority when preparing healthy meals. Many factors influence our food choices, but ultimately, the foods we enjoy most are the foods we choose to eat. Research, too, confirms that taste is the #1 reason one food is purchased over another. Celebrate National Nutrition Month by experimenting with new foods and flavors that your thousands of taste buds might love, keeping taste and nutrition on your plate at every meal.

When taste is the most influential factor driving what we eat, it is important to find the balance between choosing the foods we like with those that provide the nutrients we need. This year's 'Enjoy the Taste of Eating Right' theme reinforces that the two choices are not mutually exclusive.

The Academy strives to communicate healthful eating messages that emphasize balancing food and beverages within an individual's energy needs, rather than focusing on any one specific food or meal. Improving overall health requires a lifelong commitment to healthful lifestyle behaviors, emphasizing long-term and enjoyable eating practices and daily physical activity.

Enjoying the healthy foods we eat and the physical activities we engage in is key to developing a healthy lifestyle we can maintain for years to come.

Tips to ‘Enjoy the Taste of Eating Right’ include:

At the grocery store: Choose one new fruit, vegetable or whole grain every week. Start small by trying different versions of familiar foods until you are ready to make a bigger change.

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2- 'Enjoy the taste of eating right'

At home: Try new ways of cooking your old favorites! Roast potatoes instead of mashing. Steam veggies you might typically sauté. Grill, broil, or bake lean meat. Or, for quick meal prep, sauté chicken strips or pieces, then add some vegetables to create a delicious stir-fry. Adding spice is another great way to enhance the taste of your food!

At restaurants: Try a restaurant that features healthy, ethnic foods that may be new to you. Or, try a restaurant serving seasonal and locally grown foods; you may find a healthy twist on an old favorite.

For additional tips, visit the Academy's website at www.eatright.org/nnm for a variety of helpful tips, games, and nutrition education resources.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.
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