Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: **Local News Media**

From: **Central Michigan District Health Department**

RE: **National Nutrition Month**

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Eat Right, Bite by Bite

Make healthy choices about food during National Nutrition Month.

Get the right start to your healthy lifestyle by making small changes and keeping things simple. Every little bit (or bite!) of nutrition is a step in the right direction. Eating a variety of nutritious foods and getting enough physical activity will help you reduce the risk of obesity heart disease, Type 2 diabetes and some types of cancer.

The Central Michigan District Health Department (CMDHD) Women Infant and Children's Supplemental Nutrition Program (WIC) is promoting eating a variety of nutritious foods every day, planning and creating healthy meals each week and the value of working with a registered dietitian.

- Start your morning off right with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
- Look at your plate and see how you can add color, flavor and texture to make it more pleasing to the eye and help you maintain a healthier diet.
- Incorporate 2 cups of fruit and 2 ½ cups of vegetables into part of your daily routine and experiment with different types of fresh, frozen and canned fruits and vegetables.

Eating should be a fun and healthy experience for the whole family. Get the kids involved by starting a small garden and show them what fun it is to be able to grow different kinds of spices and vegetables and then you can eat the rewards!

Our WIC dietitians encourage meal planning which encourages using a shopping list to help eliminate unhealthy eating. Try to plan healthy eating by planning your meals for the week and prepping them ahead of time. This

will help eliminate those trips to the fast food restaurants because you didn't think about what you wanted for dinner or lunch ahead of time. As you make your plans for traveling, don't just pack your clothes, pack your mind with healthy ways to eat on the way and while you're there. Pack healthy snacks including apple slices, grapes, low fat cheese, boiled eggs, yogurt, and other healthy foods that are offered through WIC. As you become thirsty, make water your first choice for those short and long trips. You will be hydrated and ready to go!

Exercising can be fun if you incorporate things you enjoy doing! Plan on taking a hike, bike ride, swim or other fun activities and include your children. It's amazing all the wonderful things that you can do with them outside! Be open to try something new as you may find something else that you enjoy doing.

Registered dietitians play a vital part in our WIC program to help clients set nutrition goals to improve their health. They can provide recipe ideas, cooking tips and other healthful advice for everyday issues such as cooking dinner or meal preparation for picky eaters.

WIC Supports following these healthy eating tips:

- Eat a variety of nutritious foods each day by including healthy foods from all food groups.
- Hydrate healthfully by drinking water instead of sugary drinks.
- Be a smart shopper by reading food labels to find out more about the foods you eat.
- Plan your meals each week by choosing healthy recipes to make and using a grocery list to shop for healthy foods.
- Learn skills to create tasty meals and reduce food waste by transforming leftovers into meals, using the foods already on hand and practicing good food safety.

WIC is a federally-funded program that serves 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. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid, vitamins A & C.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at **eatright.org**.

Arenac County: (989) 846-6541	**Isabella County**: (989) 773-5921

Clare County: (989) 539-6731	**Osceola County:** (231) 832-5532
Gladwin County: (989) 426-9431	**Roscommon County:** (989) 366-9166

For more information on WIC, please visit the Michigan Department of Health and Human Services website at: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_6329---,00.html

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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Sources: https://www.eatrightpro.org

To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.