PRESS RELEASE FOR LOCAL MEDIA
Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
For more information, please call: (989) 773-5921 ext. 8409
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: All Media Outlets

From: Diane Traver, Michigan WIC State Consultant (517) 335-9535
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RE: National Nutrition Month

Release Date: Immediately

"March is National Nutrition Month"
Bite into a Healthy Lifestyle!

March is National Nutrition Month® and WIC joins with the Academy of Nutrition and Dietetics to encourage both healthy eating and daily activity. Together, these can help individuals reach or maintain a healthy weight, reduce the risk of chronic disease, and promote overall health. Local health department clinics have Registered Dietitians that can provide you more information about National Nutrition Month and other resources that may be useful for you and your family.

The Registered Dietitians work in the WIC clinic (the Special Supplemental Nutrition Program for Women, Infants, and Children) which serves low and moderate income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5, by providing supplemental food, nutrition education and counseling, and referrals based on health screening and assessments of need.

To learn more about enrolling in WIC, please call the WIC agency nearest you, 1-800-26-BIRTH (1-800-262-4784), or "211," the hotline link to community resources near you. If eligible, a WIC Registered Dietitian can provide a personalized nutrition care plan and education to help you.

Start with small changes to 'Bite into a Healthy Lifestyle!'

- **Whole grains:** Make at least half your grain servings whole grains. Try whole grain breads and cereals, brown rice and whole wheat pasta.
- **Vegetables:** Choose plenty of dark-green, red, and orange vegetables – plus beans and peas. Most adults need 2 ½ cups of vegetables each day.
- **Fruits:** Add fruit to meals and snacks—fresh, frozen or canned! Aim for 2 cups each day.

- **Dairy:** Low-fat or fat free milk, yogurt and cheese or fortified soy beverages: 3 cups per day are recommended for your calcium, vitamin D, protein and potassium needs.
- **Vegetable oils:** (such as canola, corn, olive, peanut and soybean): Use in moderate amounts to replace solid fats as oils generally have a healthier mix of monounsaturated and polyunsaturated fats.
- **Seafood:** Try some seafood instead of meat or poultry.

For more information, go to the National Nutrition Month® website www.nationalnutritionmonth.org for helpful tips, activities, promotional tools in English and Spanish.

If you would like an opportunity to get involved in our community, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

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