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FOR IMMEDIATE RELEASE

March 1, 2017

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Residents encouraged to eat healthfully when eating at home, dining out

LANSING, Mich. – To celebrate National Nutrition Month, the Michigan Department of Health and Human Services (MDHHS) Women, Infant, and Children (WIC) Program is joining with the Academy of Nutrition and Dietetics to remind all residents that making small changes – one forkful at a time – can lead to long-term healthier eating habits.

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 in order to make healthier lasting changes. Michigan residents are encouraged to consider this when planning meals to prepare at home or making selections when eating out. In addition, residents should consider:

- Creating an eating style that includes a variety of 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.

For eating at home, the Academy of Nutrition and Dietetics suggests increasing these simple healthy foods in your diet:

- 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

When dining out, plan ahead, consider the menu and choose foods carefully. For example, if you plan to have lunch with coworkers, eat a light dinner. If you know you're going to a restaurant in the evening, plan to have lighter meals earlier in the day. Additionally, most restaurants offer healthy side dishes such as salads and steamed or roasted vegetables, and to-go boxes can help control portions.

WIC offers the federally-funded Special Supplemental Nutrition 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.

For more information about WIC or find an agency near you, call 211. For more information about healthful eating or National Nutrition Month, visit www.eatright.org.

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