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FOR IMMEDIATE RELEASE

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National Nutrition Month® – Build a Healthy Diet

Westminster, MD – (February 18, 2010) - **March is National Nutrition Month®**, an annual campaign sponsored by the American Dietetic Association (ADA) to focus attention on the role of nutrition in getting and staying healthy. The Nutrition Action Team of The Partnership for a Healthier Carroll County supports National Nutrition Month, and encourages you to lay the foundation for a healthier life by choosing healthier foods.

The theme for National Nutrition Month® 2010 is “Nutrition from the Ground Up,” and it is a reminder that including a variety of fruits, vegetables, grains, nuts and beans is fundamental to a healthy eating plan. The ADA offers the following suggestions to improve your nutrition:

1. **Focus on fruits and veggies:** Take a good look at your current meals to see if you are eating enough fruits and vegetables. If not, add a serving each day to one meal and increase it every few weeks. Adding more of these foods into your diet is important whether you buy frozen, fresh or canned. Visit www.mypyramid.gov to see recommended amounts/day of fruits and vegetables.
2. **Look locally:** From farmer’s markets to community-supported agriculture, there are many options to find new, fresh foods in your area. This can be a great way to eat well and support your community at the same time.
3. **Test your taste buds:** A healthy eating plan emphasizes fruits, vegetables, whole grains, low or fat-free dairy foods, and lean meats, poultry, fish, beans and nuts. There are always opportunities to try new things and find new favorites. Expand your horizons. Have a meatless meal once a week like vegetarian chili, bean burritos, baked stuffed squash, or minestrone soup. Try a food you’ve never eaten before or find a new vegetable recipe. You might find new healthy favorites to add to your regular grocery list.
4. **Trick yourself with treats:** Too often, people think of foods as good or bad and that only those on the ‘good foods’ list are okay to eat. A healthful diet doesn’t mean deprivation. If you have a sweet tooth, have fruit and yogurt for dessert. Buy treats in smaller portion sizes, such as bite size chocolate candy vs. a larger candy bar. If you want

a snack in the afternoon, have some trail mix or nuts. There is no reason to go hungry just because you're making healthful changes.

Visit the "Resources" section on www.HealthyCarroll.org for helpful local information such as the *Healthy Dining Guide of Carroll County*, and the *Healthy Carroll* booklet. Also, for more information on building a healthful diet from the ground up during National Nutrition Month and all year, visit www.eatright.org and click on "For the Public."

To learn more about the activities of The Partnership's Nutrition Action Team, contact Darlene Flaherty, Registered Dietitian, at 410-876-4981 or DFlaherty@dhhm.state.md.us.

The Partnership for a Healthier Carroll County, Inc., an affiliate of Carroll Hospital Center and the Carroll County Health Department, is a private, nonprofit community led organization that seeks to build capacity for both health and quality of life improvement.

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