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Contact: Anne Bianchi, MS RD, DHD#10 WIC Director
Phone: 231-876-3824

National Nutrition Month® 2017 Put Your Best Fork Forward

March is National Nutrition Month® and to celebrate, District Health Department#10 (DHD#10), and the Michigan Women, Infants, and Children (WIC) Program joins with the Academy of Nutrition and Dietetics to remind us that each bite counts. This year's theme inspires us to start with small changes in our eating habits – one forkful at a time. Whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style.

Eating a variety of healthful foods helps reduce the risk of preventable, chronic diseases including type 2 diabetes, obesity, and cardiovascular disease. Your healthy eating plan should include vegetables, fruits, whole grains, fat-free or low-fat dairy and lean proteins, says Anne Bianchi, Registered Dietitian at DHD#10.

Ways to Make Each Bite Count:

- Create an eating style that includes a variety for 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 the “National Nutrition Month® Celebration Toolkit” visit eatright.org for education sheets and handouts, videos, games, and other promotional tools in English and Spanish.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded 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.

To learn more about WIC or find an agency near you, call (800)262-4784 or visit www.dhd10.org. This institution is an equal opportunity provider.