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 – March 2019**

Release Date: **February 19, 2019**

The New Tradition is Good Nutrition

Good **nutrition** is an **important** part of leading a healthy lifestyle. Combined with **physical activity**, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

The Central Michigan District Health Department (CMDHD) Women Infant and Children's Supplemental Nutrition Program (WIC) supports you with tips for healthier eating, breastfeeding and being physically active, along with providing wholesome food choices for qualifying families in the community. WIC foods are free and changing with the times, offering more whole grains, fresh fruits and vegetables, lower-fat dairy and protein options. Our WIC dietitians encourage people to make informed food choices and develop sound eating and activity habits. Eating lean protein foods, vegetables, whole grains and fruits are all part of maintaining a healthy diet for anyone.

It's important to build a strong foundation from simply going outside to play and helping around the house, to walking the dog and raking leaves or shoveling snow. Try to get outside to play every day with your child and to include them in a variety of helping activities that are part of your daily routine. Children need 60 minutes or more each day of unstructured playtime, where they are free to be active and use their imaginations. Build a lifetime of love while being active.

WIC supports our local farmers markets by providing Project Fresh in the summer. This enables families to have an array of different food choices and allows them to add more nutrients to their snacks and meals. They have an opportunity to shop and select fruits and vegetables that are new to their families.

Here are some practical tips:

- Make it a family night meal at least a few times each week.
- Set a regular "together" mealtime even if early or later than typical for most families.
- Turn off the TV, phones and other electronic devices to encourage mealtime talk.
- Make half of your plate fruits and vegetables; they add color, flavor and texture plus vitamins, minerals and fiber to your plate.
- Experiment with different types, including fresh, frozen and canned fruits and vegetables in meals.
- Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

As part of National Nutrition Month, the Academy of Nutrition and Dietetics website includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds. 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 www.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 @CMDHD

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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.