



Public Health
Prevent. Promote. Protect.

In order to bring awareness to various health related topics The Health Department will provide information on monthly topics from The Office of Disease Prevention and Health Promotion. For more information on each monthly topic visit: <https://healthfinder.gov/NHO/>.

National Nutrition Month

During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home.

The 2015-2020 Dietary Guidelines for Americans recommend making small changes to eating patterns to include healthier ingredients while cooking at home. Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

Suggested Foods to Eat

- 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

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds. Consumers can also follow National Nutrition Month on Facebook and Twitter (#NationalNutritionMonth).