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March Report

March is “National Nutrition Month”, and is recognized as such by NYS PTA.

The Academy of Nutrition and Dietetics has created the campaign known as National Nutrition Month, which has been recognized every March, beginning in 1973 (it was first initiated as a week-long event, but became a month-long observance in 1980). The annual campaign is a nutrition education and information campaign, and focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, according to eatright.org, “National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.”

<http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

The theme for 2017’s National Nutrition Month is “Put Your Best Fork Forward”. This serves as a reminder that each one of us holds the tool to make healthier food choices. Making just small shifts in one’s food choices can add up over time. The 2015-2020 Dietary Guidelines for Americans suggest starting with small changes in order to make healthier lasting changes you can enjoy. This year's theme for National Nutrition Month® inspires us all to begin with small changes in our eating habits – one forkful at a time.

<http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>

According to the “National Nutrition Month® Celebration Toolkit”, the key messages of this year’s campaign are:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. 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.
4. Find activities that you enjoy and be physically active most days of the week.

5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

<http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>

A helpful power point presentation regarding the above-referenced key messages is available on the eatright.org website. This presentation stresses the following objectives:

- Identify 3 ways to increase the variety of foods eaten.
- Explain how to use the Nutrition Facts label to identify added sugars.
- List 3 changes that will help you limit added sugars, sodium, or solid fats.

The presentation refers to Myplate.gov, which is an excellent resource for nutrition and eating right.

<https://www.choosemyplate.gov/MyPlate>

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The power point presentation goes on to describe how best to identify varieties of foods, how to read labels to make better choices, how to vary your routines regarding proteins and dairy, as well as how to avoid and limit certain sources of added sugars, sodium, saturated fat and trans fats.

It summarizes as follows:

- “Be creative by swapping out different fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy foods when preparing recipes.
 - Use the Nutrition Facts label to choose healthier foods and drinks.
 - Limit sources of added sugars, sodium, saturated fat and trans fat.”
- Please visit the following site to view the power point as well as other valuable resources within:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>