FOR IMMEDIATE RELEASE

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MARCH IS NATIONAL NUTRITION MONTH®
MORGANTOWN, WV – MARCH 1, 2017

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a weeklong event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

This year’s theme for National Nutrition Month®, "Put Your Best Fork Forward", inspires us to start with small changes in our eating habits – one forkful at a time. So 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.

Anne MacBride, a Registered Dietitian with the WIC (Women, Infants & Children) Program at the Monongalia County Health Department said that this year’s National Nutrition Month® covers five areas:

• include your favorite, healthful foods in all your meals
• cook more at home and supplement current ingredients with healthier ingredients
• be physically active several days of the week
• be careful not to overeat, even healthy foods can cause problems if you consume too much
• consult a Registered Dietitian Nutritionist to help with weight loss and/or lowering your health risks

A Registered Dietitian Nutritionist can provide personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

The WIC Program has been providing nutrition education and supplemental foods to pregnant and breast-feeding women, infants and children for 40 years. For more information about National Nutrition Month® or the WIC Program contact the WIC office at 304-598-5181 or online at WWW.MYLOCALWIC.ORG.

WIC is an equal opportunity employer and provider.

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