

March 15, 2018

FLORIDA HEALTH IN SEMINOLE COUNTY PROMOTES HEALTHY EATING FOR NUTRITION MONTH



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Sanford, Fla. — The Florida Department of Health in Seminole County (DOH-Seminole) celebrates March as National Nutrition Month, which is sponsored annually by the Academy of Nutrition and Dietetics. This year's theme is: "Go Further with Food." The campaign highlights the far-reaching benefits of making informed eating choices. Informed eating goes further than choosing the most nutritious options-eating choices can also conserve money, save time, and reduce food waste.

"Meal planning is essential for helping families and individuals make informed eating choices. Our Women, Infants and Children (WIC) program provides guidance on healthy eating during pregnancy and breastfeeding, and how to prepare healthy meals, among many other topics." said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

The Academy of Nutrition and Dietetics suggests following these tips to go further with food.

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that is right for you, as [MyPlate](#) encourages us to do.
5. Continue to use good [food safety](#) practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

To learn more about nutrition and National Nutrition Month, visit the Academy of Nutrition and Dietetics website at: www.eatright.org.

"Staying healthy while you are pregnant and starting your baby on the right path towards healthy eating is vital. Our WIC staff is dedicated to the nutritional needs of each client and they keep an open dialogue to help them reach their nutritional goals," said Susan Mulligan, public health nutrition program manager for the Florida Department of Health in Seminole County.

The Florida Department of Health in Seminole County Women, Infants and Children Program, best known as WIC, is a federally funded nutrition program for eligible pregnant and

breastfeeding women, infants and children under the age of 5. WIC provides healthy foods, nutrition education and counseling, breastfeeding support, and referrals to health care, immunization and community services at no cost to those who qualify. Find out more at www.seminolecohealth.com

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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