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FLORIDA HEALTH IN PALM BEACH COUNTY
PROMOTES HEALTHY EATING
FOR NUTRITION MONTH

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Palm Beach County, FL. — The Florida Department of Health in Palm Beach County 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.

“We always encourage all of our residents to eat healthy nutritious foods. This is truly one of the best gateways to everyone’s good health.” Said Dr. Alina Alonso, Director of Department of Health in Palm Beach 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’s 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.

Palm Beach Dietetic Association will be at the West Palm Beach Green Market, Saturday, March 10, from 8:15 a.m. until 1 p.m., celebrating National Nutrition Month with great healthy recipes, nutrition tips and other ideas to help all eat right to stay healthy.

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.
Florida’s WIC program is a federally funded nutrition program for Women, Infants, and Children. WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services. Find out more at [www.FloridaWIC.org](http://www.FloridaWIC.org).

**About the Florida Department of Health**

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

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