

PRESS RELEASE: FOR IMMEDIATE RELEASE

For National Nutrition Month 2018, Alabama Encourages Everyone: 'Go Further With Food'

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MONTGOMERY - Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. During the month of March, Registered Dietitian Nutritionists (RDN) around Alabama are celebrating National Nutrition Month® and wholesome, healthy foods. During National Nutrition Month® 2018, a proclamation signed by Governor Kay Ivey encourages Alabamians to "Go Further with Food" by establishing healthy eating and exercise habits.

This year's National Nutrition Month's slogan, "Go Further with Food," could mean residents set a goal to make healthier food choices, cook a balanced meal for a family dinner, or try a new fruit or vegetable. Everyone can be empowered to make small changes towards choosing wholesome foods to get the nutrition your body needs. We can make food go further by limiting food waste. Order smaller portions, donate to food banks, or plan meals to incorporate leftovers into future meals.

National Nutrition Month is an exciting time for RDNs because it brings nutrition and healthy eating into focus. RDNs around the state are trained with evidence-based nutrition information and dedicated to improving the quality of life of the Alabamians in their communities through a realistic lifestyle. RDNs meet clients at their starting point and join them on a journey of small, positive changes. There's no better time to start than today!

As part of National Nutrition Month, the Academy of Nutrition and Dietetics' website, www.eatright.org, includes articles, recipes, videos and educational resources to spread the message of good nutrition for all individuals. The website includes a Find an Expert section, www.eatright.org/find-an-expert, to help you find local registered dietitians.

Alabamians can visit their county Extension offices for resources to make healthy nutrition choices, engage in enjoyable physical activity, and find nutrition classes.