



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104

Phone 334-206-5300 Fax 334-206-5534

[www.adph.org](http://www.adph.org)

---

## Moderation is key to reaching and maintaining a healthy weight

### FOR IMMEDIATE RELEASE

CONTACT: Heidi Hataway  
(334) 206-5651

Weight control continues to be a problem in Alabama. During March, National Nutrition Month, the Alabama Department of Public Health encourages Alabamians to take actions that can help achieve and maintain a healthy weight. Sixty-three percent of adults in Alabama are overweight or obese.

"We encourage everyone to try new foods and to eat in moderation when choosing portion sizes," said Heidi Hataway of the Nutrition and Physical Activity Unit, "Enlist help from your friends and family in making healthful choices. The following suggestions from the National Nutrition Month Campaign 2005 are things you can do to be consistent with our efforts to achieve and maintain a healthy weight."

\* **Be adventurous and expand your horizons.** Variety is the "spice of life" in your food choices and is key to good nutrition and health. Choose foods based on flavor, texture and colors that are tasty and healthy. Explore the wide world of nutrition by trying a variety of foods.

\* **Treat your taste buds.** You decide how much and how often. Choose foods sensibly by looking at the big picture; it is what you eat over several days, not just one meal or day that counts. So enjoy all your favorite foods, just try eating them in moderate amounts.

\* **Balance food choices with your lifestyle.** Choosing the right balance of foods helps you get the right combination of nutrients. Balance your food choices with your physical activities to achieve and maintain a healthy weight and lifestyle.

\* **Be active.** Be creative and enjoy a variety of ways to stay active to feel your best. There is no need for expensive equipment or complicated fitness programs. Start by making a list of physical activities that fit into your lifestyle and schedule one every day.

3/14/05