



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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#### Colorful, fun and nutritious—National Nutrition Month promote healthful meals

#### FOR IMMEDIATE RELEASE

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An Alabama mother was having trouble getting her 7-year-old son to eat anything at breakfast until she tried mixing a rainbow swirl smoothie recipe found on the Kids Eat Right Web site, [www.kidseatright.org](http://www.kidseatright.org). The mother is now pleased that her second grader slurps down the nutritious yogurt, strawberry and orange juice combination each morning before leaving for school.

This smoothie is just one of the kid-pleasing recipes available on the Web site of the American Dietetic Association. In addition to offering tips for families, the association is encouraging everyone to add color and nutrients to their meals by following the National Nutrition Month 2011 theme, "Eat Right with Color." The Web site includes articles, videos and recipes from registered dietitians to help families shop smart, cook healthy and eat right.

Here are some easy, practical tips for families:

- Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.
- Eat more fruits and vegetables at every meal. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate.
- Most young people in America are not getting enough calcium or potassium. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.
- Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with egg or bean burritos. For snacks, provide peanut butter or sliced deli meat.

Registered dietitian Molly Killman of the Nutrition and Physical Activity Division said, "When it comes to food and nutrition, even the most knowledgeable parents can use help making sure their children are eating healthy meals. Most children don't get enough of all the essential nutrients critical to normal growth and development. The 2010 *Dietary Guidelines Advisory Committee* recently reported that children, teens and adults have diets deficient in dietary fiber, vitamin D, calcium and potassium.

"Weight is not the only measure of good nutrition and health. Any child—whether he or she is of normal weight, overweight or obese—can be undernourished," says Ms. Killman. "Quality nutrition requires a total diet approach that goes beyond calorie counting alone to focus on including those critical nutrients."

"This year's National Nutrition Month theme is a great reminder for parents to focus on that approach by including a variety of foods and colors in every meal, every day," Ms. Killman said.

Here is a quick color guide of fruits and vegetables.

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange** and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

In observance of National Nutrition Month, Alabama's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is distributing colorful posters, banners and other educational materials for children and adults to WIC clinics in county health departments and private local agencies.

For more information on how to "Eat Right with Color," visit ADA's Web site for a variety of helpful tips, fun games, promotional tools and nutrition education resources. Additional information is also available at [adph.org/nutrition/](http://adph.org/nutrition/).

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