

Jeb Bush  
Governor



M. Rony François, M.D., M.S.P.H., Ph.D.  
Secretary, Department of Health

---

**PINELLAS COUNTY HEALTH DEPARTMENT**

---

**Thursday, March 02, 2006**

**FOR IMMEDIATE RELEASE**

Contact:

Jeannine Mallory, Public Information Director  
PINELLAS COUNTY HEALTH DEPARTMENT  
727-824-6908 (for media use only)

*March is National Nutrition Month*

## Step Up to Nutrition and Health

March is National Nutrition Month - the perfect time to *Step Up to Nutrition and Health*. National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Step up today by making healthier lifestyle choices to improve your health and the health of your family and you'll reap the benefits for years to come. Small steps equal big rewards.

Remember these key messages to eat smart and stay physically active this month and all year long:

- The food and physical activity choices you make today - and every day - affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

National Nutrition Month reminds individuals that a registered dietitian is the most valuable and credible source of timely, science-based food and nutrition information. For more information about National Nutrition Month or to locate a registered dietitian in your area, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org).

Also visit: [www.PinellasHealth.com](http://www.PinellasHealth.com) and [www.PinellasWellness.com](http://www.PinellasWellness.com) for health and nutrition information provided by your Pinellas County Health Department.

# # #



Jeb Bush  
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.  
Secretary, Department of Health

---

**PINELLAS COUNTY HEALTH DEPARTMENT**

---

[www.PinellasHealth.com](http://www.PinellasHealth.com)