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FOR IMMEDIATE RELEASE

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March is National Nutrition Month

It's a fact! Eating well can help reduce your risk of chronic diseases like cancer, diabetes, obesity and hypertension. Eating well means eating a variety of healthy foods in the right amounts so your body gets the nutrients needed to maintain good health and work properly.

Different foods provide different kinds of nutrients:



- Proteins (lean meats, eggs, beans, nuts) help build muscle and a strong immune system.
- Carbohydrates (starches, sugar and whole grains – that also provide fiber) give you energy.
- Healthy fats provide essential fatty acids and extra energy.
- Vitamins and minerals (commonly available in fruits, vegetables and whole grains) regulate body how your body functions and help build a strong immune system.

Including a variety of fruits, vegetables, whole grains and lean proteins in each meal will help your body get the right amount of vitamins and nutrients. Eating too much saturated fat and sugar can lead to weight gain and disease. A healthy balance of fat intake should include higher daily intakes of mono-unsaturated fats (olive, canola and peanut oils) along with omega 3 fatty acids, which you can get by eating fish at least twice a week. Avoid trans-fatty acids, found in many pre-cooked or pre-baked foods.

In general, food tends to lose many of its vitamins and nutrients when it is prepared or has other less healthy ingredients added, such as corn syrup and trans fats. The term "empty calories" often describes foods like soda and potato chips.

Here are some tips on how to practice good nutrition this month and every month:

- Eat smaller meals including a vegetable as the center of the plate, with smaller meat and starch servings. Include at least one serving of fruit and vegetable with every meal.
- Get the facts: Read food labels to get nutrition facts for smart food choices – try to stay away from foods with additives and "bad" fats; instead choose more fresh foods like fruits, vegetables
- Drink more water between meals
- For snacking, try veggies or a handful of nuts for a snack and fresh fruit for something sweet.
- Reduce your intake of fried foods and cancer-causing trans fats found in processed (pre-cooked) foods and foods with additives.
- Choose polyunsaturated or monounsaturated fats. Eat less saturated fats, trans fats and cholesterol.

For more information about good health and nutrition visit www.pinellaswellness.com

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