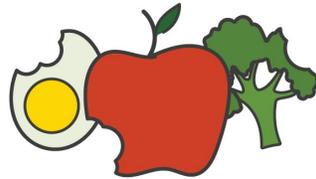


# National Nutrition Month®

March, 2020

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics

- \* What is **National Nutrition Month®** and what should you know about it?
  - \* Nutrition and Physical Activity
- \* Why do colorful foods ensure a nutritious plate?
  - \* Healthy eating patterns

# National Nutrition Month<sup>®</sup>

National Nutrition Month<sup>®</sup> is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. It's celebrated every year during the month of March, and it focuses on promoting informed food choices, and developing sound eating and physical activity habits!

## What is the Academy of Nutrition and Dietetics?

The Academy of Nutrition and Dietetics is the United States largest organization of food and nutrition professionals committed to improving the nation's health and advancing the profession of dietetics through research, education, and advocacy. The Academy represents over 100,000 credentialed practitioners holding undergraduate and advanced degrees in nutrition and dietetics. Members of the academy include registered dietitian nutritionists (RD/RDNs), nutrition and dietetic technicians, registered (NDTRs), students, educators, and researchers.

If you or someone you know would like to know what a Registered Dietitian Nutritionist can do for you, or if you would like to learn more about National Nutrition Month<sup>®</sup> and the Academy of Nutrition and Dietetics, visit

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

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# Physical Activity and Nutrition

The combination of physical activity and nutrition can help reduce the rates of chronic disease and death. Poor diet and physical inactivity are major contributors to disabilities related to diabetes, osteoporosis, obesity, and stroke.

- ⇒ Studies show that **75%** of Americans do not eat enough fruit, **more than half** do not eat enough vegetables, and **64%** eat too much saturated fat.
- ⇒ Most diets contain too much total fat, saturated fat, and calories but not enough of other important elements like calcium.
- ⇒ Low fruit and vegetable consumption and high saturated fat intake are associated with coronary heart disease, some cancers, and diabetes.



- **Physical inactivity poses almost as much risk for heart disease as cigarette smoking, high blood pressure, or high cholesterol.**
- Physical activity is one of the best things you can do to reduce the risk of cardiovascular disease, progression of cardiovascular disease, or death from cardiovascular disease.

- Different groups of people need different levels and variation of physical activity, but for everyone, **some physical activity is better than none, and more physical activity is even better.**
- Only **half** of adults get the recommended physical activity to help reduce and prevent chronic diseases.
- In general, adults need at least 150 min to 300 min a week of moderate-intensity, or 75 min to 150 minutes a week of vigorous-intensity aerobic physical activity.
  - \* Moderate: requires moderate amount of effort and noticeably increases heart rate
  - \* Vigorous: requires large amount of effort and causes rapid breathing/greater increase in heart rate

# Creating a Colorful Plate



Fill your plate full of color and boost your intake of important nutrients. Colorful foods are generally fruits and vegetables containing many of the vitamins and antioxidants that we need. Increasing these in your diet is a great step in improving your health! Here's some general guidelines:

- ⇒ **RED** fruits and vegetables are high in antioxidants that help to reduce the risk of developing atherosclerosis, hypertension, and high cholesterol. They can also protect against heart diseases and improve brain function.
- ⇒ **ORANGE/YELLOW** are packed with nutrients known to protect your nervous system and promote eye health and prevent heart diseases. They also play an important role in skin health, boosting the immune system, and building strong bones.
- ⇒ **GREEN** protect your eye health and lower the risk of developing age-related vision loss. Green leafy vegetables also contain folic acid—important for pregnant woman in reducing the risk of birth defects. The nutrients in green fruits and vegetables also protect you from cancer and high levels of bad cholesterol, regulate digestion, and improve immune system
- ⇒ **BLUE/PURPLE** are important for your memory and promoting healthy aging. These can also protect urinary tract health and regulate healthy digestion.
- ⇒ **WHITE** contain nutrients that lower the level of bad cholesterol and lower high blood pressure. They have immune boosting effects and can minimize the risks of colon, prostate, and breast cancer.

# Focus on a Healthy Eating Pattern

- ⇒ Instead of limiting yourself or restricting your diet, focus on filling it with vegetables, fruits, whole grains, healthy fats, and lean protein foods.
- ⇒ One meal does **not** make or break your health, it's what you do most of the time that has a significant impact.
- ⇒ Get the most out of your calories by giving your body the nutrient-dense fuel that it needs. This can help you maintain a healthy weight while giving you a good dose of vitamins, minerals, protein, and fiber.
- ⇒ Avoid “fad diets” - diets that claim fast and easy weight loss or tell you to stay away from certain foods/food groups and express no need for physical activity. Fad diets usually eliminate foods that aren't bad for you, which results in nutritional deficiencies.
- ⇒ Some things to remember: focus on variety, amount, and nutrition; choose food/beverages with less saturated fat, sodium, and added sugars; start with **small** changes to build **healthier eating** styles.



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For more healthy eating tips, please visit:

<http://www.med.umich.edu/pfans/services/tip.html>

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