



FOR IMMEDIATE RELEASE

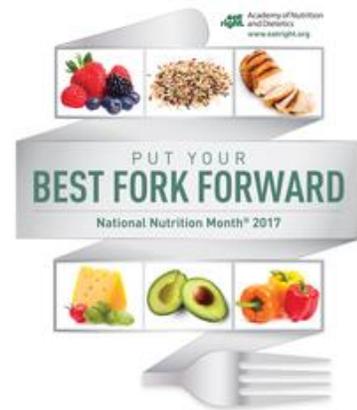
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**National Nutrition Month**  
***Put Your Best Fork Forward***

**EAU CLAIRE, WI. - March 1, 2017** - *Put your Best Fork Forward* is the theme for National Nutrition Month this year, a reminder that each one of us holds the tools to make healthier food choices. Making small changes during National Nutrition Month and over time helps improve health now and in the future. The Academy of Nutrition and Dietetics encourages everyone to start small - one forkful at a time.

Statistics show that obesity and nutrition are local health concerns. In Eau Claire County, 31% of adults are considered obese, and 30% of children 2 – 5 years old enrolled in the WIC program are considered overweight or obese. In addition, 22% of Eau Claire County adults report no physical activity during their leisure time and three out of four Eau Claire County adults do not eat the recommended five fruits and vegetables per day. “Just by making small changes in your diet can have a positive effective on your health” says Ruth Kilness, Public Health Nutritionist with the Eau Claire City-County Health Department.



Below are hints for putting your best fork forward by the Academy of Nutrition and Dietetics:

- **Balance your plate with many different foods.** Half your plate should be filled with fruits and vegetables, about one-fourth with lean meat, poultry or fish, and one-fourth with grains. To round out your meal, add a small serving of fat-free or low-fat milk, yogurt or cheese.
- **Eat at least three meals a day and plan your meals ahead of time.** Whether you are eating at home, packing a lunch or eating out, an overall eating plan for the day will keep you on track.
- **Know when you have had enough to eat.** Quit before you feel full or stuffed. It takes 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. Fast eaters - slow down and give your brain a chance to get the word.
- **Get plenty of fiber from fruits, vegetables, beans and whole grains.** Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

“Registered Dietitian Nutritionist Day” is celebrated on Wednesday March 8, 2017. This day celebrates the dedication of registered dietitian nutritionists as leaders for advancing the nutrition of Americans and people around the world. For names of registered dietitian nutritionists in your area, visit [www.eatright.org](http://www.eatright.org).

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