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Time to focus on healthy eating during National Nutrition Month

EAU CLAIRE, Wis. – March 11, 2019- Most experts agree. Healthy eating doesn't need to be complicated. Unfortunately, endless food options at the grocery store and easy access to endless information on the Internet can make it feel complicated! Avoid fad diets. Stick with a few healthy eating basics that most health professionals agree will promote a long, happy, healthy life.

- ✓ **Balance your diet with foods from all food groups.** Eat more healthy foods like colorful fruits and vegetables, whole grains, and foods that are high in healthy fats like avocados, salmon, and olive oil.
- ✓ **Get active every day.** Sit less today. Any activity is better than none, so find something that you enjoy and can do often.
- ✓ **Make your mental health a priority.** Foster a positive attitude about your health and food.

“Healthy eating and being active are key to lifelong health” says Susan Krahn, Public Health Nutritionist. “Healthy eating lowers your risk of chronic diseases, including type 2 diabetes, cancer, heart disease, stroke, and obesity,” adds Krahn.



Chronic diseases and healthy nutrition are local health concerns:

- 40%-53% of Eau Claire County residents who visited a healthcare provider in 2015-2016 are obese. Obesity rates in rural zip codes are up to 10% higher than rates in zip codes located within the city of Eau Claire.
- 7% of adults aged 20 or older in Eau Claire County have been diagnosed with diabetes.
- 12% of Eau Claire County residents report not having access to a reliable source of food in the past year.

About National Nutrition Month®

National Nutrition Month is an annual campaign highlighting the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes **Registered Dietitian Nutritionists (RDNs)** as the most valuable and credible source of timely, scientifically-based food and nutrition information. For reliable nutrition information, visit www.eatright.org.

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