



NEWS RELEASE

For Immediate Release
March 1, 2017

For Further Information Call:
Carrie Yarwood (530) 889-7350

Put Your Best Fork Forward

March is National Nutrition Month[®], which is sponsored by the Academy of Nutrition and Dietetics. The theme for 2017 is “Put Your Best Fork Forward.” We can do this by making small changes, one forkful at a time. See how many of the following ideas will work for you:

- Add colorful, nutrient dense vegetables and fruits to your meals. Not only will your plate look more visually appealing, you will be adding key vitamins, minerals, and fiber that your body needs to thrive.
- Prepare more homemade meals. Staying in gives you the power to choose what you feed yourself and your family. Often times it is cheaper to make meals at home versus going out eat.
- Be a healthy role model for your children. Offer a variety of healthful choices from all of the food groups each day: fruits, vegetables, grains, protein, and dairy. Children learn by example, so they are more likely to choose foods that they see you eating.
- Reduce your portion size. People tend to eat what’s on their plate whether they are still hungry or not. Using a smaller plate or bowl at home is one way to control your portions. If you go out for a meal, share with someone or put half of the meal in a leftover container to take home.

Developing healthy eating habits is a series of small changes. Whether you are eating at home or dining out, always try to “Put Your Best Fork Forward.” For more information about National Nutrition Month[®], visit the Academy of Nutrition and Dietetics’ website at www.eatright.org.

Children and adults participating in the **Let’s Eat Healthy!** Program are learning about healthy eating habits. For more nutrition or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>.

“Like” us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.