



Each March, the American Dietetic Association (ADA) launches an educational campaign dedicated to helping individuals recognize the importance of making good food choices and developing sound eating and exercise habits. The ADA is the nation's largest organization of food and nutrition professionals. This year's theme for National Nutrition Month is: Get a Taste of Nutrition. The main points of this year's campaign are to reinforce the importance of nutrition as a key component of good health, along with physical activity. The following information has been taken from the American Dietetic Association National Nutrition Month 2005.

Be adventurous and expand your horizons. Variety is the "spice of life" in your food choices and is key to good nutrition and health. Choose foods based on flavor, texture and colors that are tasty and healthy. Explore the wide world of nutrition by trying a variety of foods.

Treat your taste buds. You decide how much and how often. Choose foods sensibly by looking at the big picture; it's what you eat over several days, not just one meal or day that counts. So enjoy all your favorite foods, just try eating them in moderate amounts.

Maintain a healthy weight. Managing your weight plays a vital role in achieving and maintaining good health and quality of life. Carrying excess weight may put you at greater risk for health problems. The good news is that healthy eating and regular physical activity make it easier to achieve lifelong weight management and long term health!

Balance food choices with your lifestyle. Choosing the right balance of foods helps you get the right combination of nutrients. So balance your food choices with your physical activities to achieve and maintain a healthy weight and lifestyle.

Be active. Be creative and enjoy a variety of ways to stay active to feel your best. There's no need for expensive equipment or complicated fitness programs. Start by making a list of physical activities that fit into your lifestyle and schedule one every day.

To access more information about National Nutrition Month, find a reliable nutrition expert in your community or just receive daily tips on good nutrition, check out: www.eatright.org.