



# County of Passaic

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## Celebrate National Nutrition Month® and Step Up to Nutrition and Health

**PATERSON** - March is National Nutrition Month® - the perfect time to Step Up to Nutrition and Health. Step up today by making healthier lifestyle choices to improve your health and the health of your family and you'll reap the benefits for years to come. Taking small, daily steps now can equal big rewards in the future.

Remember these National Nutrition Month® key messages to eat smart and stay physically active this month and all year long:

According to the American Dietetic Association, the following recommendations will help you to step up to nutrition and health:

- The food and physical activity choices you make today - and every day - affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

In honor of National Nutrition Month®, the Passaic County Department of Health will give free nutrition information, weight, BMI and body fat screenings in partnership with Rutgers Cooperative Research & Extension of Passaic County on March 3rd at the County Administration Building, 401 Grand Street in the Main Lobby from 9:30am to 12 Noon.

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