



Trumbull Town Hall Annex  
5892 Main Street  
Trumbull, CT 06611

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**CONTACT: SUE JACOZZI, PHONE 452-5195**

**March Is National Nutrition Month  
Trumbull Monroe Health District Promotes Healthy Eating**

March is National Nutrition Month, and the Trumbull Monroe Health District (TMHD) reminds you that good nutrition is a key component of staying healthy – no matter what your age. Good nutrition remains important through all stages of life. The American Dietetic Association (ADA) reports well-nourished and active children and teens grow, develop and learn better. Proper nutrition helps ensure a healthy pregnancy and successful breastfeeding. Active living helps adults and seniors feel their best, work productively, and lower their risk for some diseases.

Good health comes from eating a well balanced diet. This means making sure you regularly eat foods that have a lot of vitamins and minerals. The National Cancer Institute and the National Heart, Lung, and Blood Institute recommend eating a variety of foods that you get enough of the essential nutrients you need. Avoid too much fat, cholesterol, sugar and sodium, and eat foods with adequate starch and fiber.

Start your day off right!

- Eat breakfast
- Drink 100% fruit juice with breakfast
- Add a banana or other fruit to your breakfast meal

Other tips to ensure healthy eating at home, work, and elsewhere include:

- Using light or low fat dairy products
- Using butter or margarine sparingly
- Using a low fat salad dressing
- Using a tablespoon of salad dressing on salads
- Choosing the leanest cuts of meat, poultry, and pork
- Eating a variety of fruits and vegetables

Staying healthy requires more than just good eating habits. Regular exercise, getting enough rest, learning to cope with stress and having regular physical check up are important ways to help ensure good health.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m.