

# Celebrate National Nutrition Month

## *By Stepping Up to Nutrition and Health*

National Nutrition Month™, sponsored by the American Dietetic Association (ADA), is an annual celebration of good nutrition and healthy living. This year the ADA reminds you that your good health is your responsibility. It's an individual choice to "step up" to nutrition and health each day. Tools such as the USDA [MyPyramid](#) can help to guide you in making the right choices. Lynn Bell, a registered dietitian and VSU Nursing professor states, "eat the rainbow and be active."

Some key behaviors that you can practice everyday to "Step Up to Nutrition and Health" include:

- ☑ Making 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.
- ☑ Getting the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- ☑ Finding 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.
- ☑ Playing it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Download healthy [National Nutrition Month® Recipes](#).

Download the [2006 National Nutrition Month® Quiz](#).

Visit the American Dietetic Association's [www.eatright.org](http://www.eatright.org) website for more information about nutrition, health and National Nutrition Month®.

