



FOR IMMEDIATE RELEASE

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MOVHD marks National Nutrition Month

March is National Nutrition Month, and The Mid-Ohio Valley Health Department is joining with the Academy of Nutrition and Dietetics to promote healthy eating for the whole family.

All month long, MOVHD will feature social media posts to promote a nutritious diet from the AND. Additionally, you can visit their website, www.movhd.com/nutrition-month to find a gallery of resources on nutrition topics, such as healthy eating on the go, tips for reading menus, how to fit exercise into your day, eating right on a budget, and much more.

The Academy of Nutrition and Dietetics have released 20 health tips to get everyone started on the right foot this month.

1. Eat breakfast.
2. Make half your plate fruits and vegetables.
3. Watch portion sizes.
4. Be active.
5. Get to know food labels.

6. Fix healthy snacks.
7. Consult a registered dietitian nutritionist.
8. Follow food safety guidelines.
9. Drink more water.
10. Get cooking.
11. Order out without ditching goals.
12. Enact family meal time.
13. Banish brown bag boredom.
14. Reduce added sugars.
15. Eat seafood twice a week.
16. Explore new foods and flavors.
17. Experiment with plant-based meals.
18. Make an effort to reduce food waste.
19. Slow down at mealtime.
20. Supplement with caution.

Find out more about National Nutrition Month at
<https://www.eatright.org/national-nutrition-month>

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.