



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058
Phone: 269-945-9516 Fax: 269-818-0237

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2430 Fax: 517-543-7737

Eaton Behavioral Health: 1033 Health Care Dr., Charlotte, MI
48813
Phone: 517-543-2580 Fax: 517-543-8191

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BEDHD and the B. Healthy Coalition urge Barry County residents to make informed diet choices during National Nutrition Month

March is National Nutrition Month and the Barry-Eaton District Health Department (BEDHD) and B. Healthy Coalition, alongside the Michigan Department of Health and Human Services Women, Infants and Children (WIC) Program, are joining with the Academy of Nutrition and Dietetics to remind Barry County residents about the importance of making informed food choices, and developing sound eating and physical activity habits.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases and improve your overall health. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

Barry County residents are urged to follow these healthy eating tips throughout National Nutrition Month and the rest of the year:

- Get into a wellness state of mind. Balance your diet with food from all food groups. Get active every day with enjoyable movement.
- Eat right with MyPlate. Make small changes to make healthier choices you can enjoy.
- Make half your plate fruits and vegetables. They add color, flavor and texture plus vitamins, minerals and fiber. Focus on whole fruits. Vary your veggies.
- Make half your grains, whole grains. Vary your protein routine, include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs and lean meats and poultry.
- Become a smart shopper by reading food labels to find out more about the foods you eat.
- Reduce food waste by transforming leftovers into meals, using the foods already on hand, and practicing good food safety.
- Change to low-fat or fat-free milk and yogurt to cut back on saturated fat.
- Drink and eat less sodium, saturated fat and added sugars. Drink water instead of sugary drinks.

For more information about healthy eating and lifestyle, visit Eatright.org and follow the B. Healthy Coalition's Facebook account [@B.HealthyCoalition](https://www.facebook.com/B.HealthyCoalition).

For more information about providing children with a healthy start to life, call (269)945-9561 to connect with Barry County's WIC program. WIC is a program that serves eligible women, infants and children up to age 5, by providing nutritious food, nutrition education from registered dietitians, breastfeeding promotion and support, and referrals to health and other services. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid, vitamins A & C. Call today to see if you qualify!