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FLORIDA HEALTH IN ST. LUCIE COUNTY PROMOTES HEALTHY EATING AND GOOD NUTRITION



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St. Lucie County, FL — The Florida Department of Health in St. Lucie County promotes Healthy Eating and Good Nutrition, sponsored by the Academy of Nutrition and Dietetics. This year's theme is: "Go Further with Food." The campaign highlights the benefits of making smart eating choices. Planning ahead to make wiser food choices saves money, time and your health.

"Making healthier food choices by planning meals ahead makes better sense," said Clint Sperber, Administrator of the Florida Department of Health in St. Lucie County, "than grabbing last-minute high calorie fast food meals on the run."

The Academy of Nutrition and Dietetics suggests some tips to go further with food.

1. Variety is the key to including nutrients from all food groups.
2. Use foods you have on hand before buying more at the store.
3. Buy only the amount to eat or freeze within a few days and plan creative ways to use leftovers later in the week.
4. Think about portion sizes. Eat and drink the amount that's right for you, as MyPlate.gov encourages us to do.
5. Continue to use good [food safety](#) practices. Keep raw meats separate from vegetables and fruits. Be sure to cook meats and store them at the right temperatures.
6. Find activities you enjoy and get moving at least 4 to 5 days each week.
7. Consult with a registered dietitian nutritionist. RDNs provide sound, easy-to-follow nutrition advice tailored to your lifestyle, preferences and health needs.

To learn more about nutrition and National Nutrition Month, visit their website at: www.eatright.org.

The Women, Infants and Children Nutrition Program (WIC) offers nutrition counseling and education, breastfeeding support, referrals to healthcare and nutritious foods purchased with a WIC EBT card at authorized retail grocers for eligible pregnant, breastfeeding or post-partum women, infants and children under age 5. Check out www.FloridaWIC.org to learn more.

"We have RDN's and nutrition educators providing individualized nutritional care and breastfeeding experts including lactation consultants and peer counselors assisting moms with their breastfeeding success," said Mally Chrulski, Nutrition Program Director. Research shows WIC participation results in healthier diets for women and children. The health benefits include lower rates of anemia, healthier birth outcomes and savings in healthcare costs.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults

make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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