

# During National Nutrition Month® and Beyond, American Dietetic Association Says To Focus on Eating Right at Any Age

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CHICAGO – Achieving and maintaining a healthy weight can contribute to your overall health and well-being. Experts at the American Dietetic Association say it's never too late to take steps to a healthy lifestyle.

"Eating right doesn't have to be complicated," says registered dietitian and ADA Spokesperson Angela Ginn-Meadow. During National Nutrition Month and beyond, follow these tips to help make healthy changes in your lifestyle.

- **Make a plan:** Adopt a few specific small changes. "When you make a realistic plan, the changes won't seem so overwhelming," says Ginn-Meadow. "A few small healthy changes, such as adding one piece of fruit to your diet each day, aren't difficult to do and can make a huge difference to your health."
- **Focus on your food:** "Plan out your meals so you aren't forced to make unhealthy decisions based on convenience," says Ginn-Meadow. "Making sure you eat balanced meals with appropriate portions will help you manage your caloric intake."
- **Make calories count:** "Make meal choices that focus on nutrient rich foods," says Ginn-Meadow. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.
- **Increase physical activity:** Regular physical activity is important for overall health and fitness. *The Dietary Guidelines for Americans* recommend that adults be physically active for about an hour a day.
- **Play it safe:** "Even the right food choices can affect your health if you don't follow food safety rules," says Ginn-Meadow. Always clean hands and food-contact surfaces, keep raw and cooked foods separate, cook foods to a proper temperature and chill leftovers promptly to avoid illness.
- **Be aware of special needs:** Nutritional needs change depending upon your age and overall health. "Older adults need more vitamin D and calcium to help maintain bone health," says Ginn-Meadow. "It's important to check with a registered dietitian to figure out what your specific nutritional needs are."

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org).

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