

WV Academy of Nutrition and Dietetics: Simple Tips from Registered Dietitians Make It Easy to 'Get Your Plate in Shape' This National Nutrition Month

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CHARLESTON- National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

“The theme for the 2012 National Nutrition Month is, ‘Get Your Plate in Shape,’ which emphasizes the importance of eating a variety of foods and being regularly active. Balanced meal plans include an array of vegetables, fruits, whole grains, lean protein sources, and low-fat or fat-free dairy products,” said Kate Alie, the WV Academy of Nutrition and Dietetics National Nutrition Month Chair.

Launched in June 2011, USDA's *MyPlate* replaced *MyPyramid* as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the 2010 *Dietary Guidelines*. Dividing the plate into four sections: fruits, vegetables, grains and proteins, as well as a glass representing dairy products, it shows consumers how they can incorporate the recommendations of the *Dietary Guidelines* into every meal.

“*MyPlate* reminds us to maintain a healthful lifestyle by consuming foods in appropriate portions. It is also important to include regular physical activity as part of your day. Be sure to choose activities that are enjoyable. The goal is to be active at least 30 minutes a day most days of the week. If finding the time is difficult, break it up into 10-minute sessions! You’ll feel invigorated, and it will help you power through the work day,” Alie said.

During National Nutrition Month[®] and beyond, the WV Academy of Nutrition and Dietetics (formerly the WV Dietetic Association) encourages everyone to include healthy foods from all food groups. As part of this public education campaign, the National Nutrition Month website (www.eatright.org/nnm) includes helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Get Your Plate in Shape" theme.

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The **WV Academy of Nutrition and Dietetics**, is an affiliate of the Academy of Nutrition and Dietetics. The Academy is the world's largest organization of food and nutrition professionals. We are committed to improving the health of West Virginians and advancing the profession of dietetics through research, education and advocacy. Visit www.eatrightwv.org for more information.