



## KENDALL COUNTY HEALTH DEPARTMENT

---

811 W. John Street, Yorkville, Illinois 60560

630/553-9100 Fax 630/553-0167

### To Your Health Nutrition Basics

It's been about 60 days since the first of the year. How is your New Year's resolution going? Many of us have made resolutions to lose weight, exercise more and eat healthier, but some of us have already reverted to old habits. The Kendall County Health Department and the American Dietetic Association want to help you reevaluate your goals this month.

March is National Nutrition Month®, a nutrition education and information campaign that focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The ADA has declared "Nutrition from the Ground Up" the theme for 2010.

In order to work from the ground up, the ADA recommends that people start with the basics. Working towards a healthier life should begin slowly and with a good foundation. People who begin with unrealistic goals can become discouraged when progress is not accomplished. The Kendall County Health Department offers these tips to help keep you on track:

**Focus on fruits and veggies:** Take a look at your current diet and you will probably realize that you are not eating near enough fruits and vegetables. Add a serving each day to one meal and increase it every few weeks. Adding more of these foods into your diet is important and it doesn't matter if they are frozen, fresh or organic.

**Look locally:** From farmer's markets to community-supported agriculture, you have many options to find new, fresh foods in your area. This is a great way to eat healthy and support your community at the same time.

**Make calories count:** People often look just at whether food is either good or bad. When choosing between two items, focus more on the one with more of the vitamins and nutrients that you need. Sometimes, foods with fewer calories aren't always the healthiest option. To figure out how many calories you need to achieve a healthy weight, visit [www.mypyramid.gov](http://www.mypyramid.gov).

-more-

**Test your taste buds:** A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat-free dairy and includes lean meats, poultry, fish, beans and nuts. These are the basics, but there is a wide range of opportunities to try new things within these

groups. Try new recipes and test yourself. You may find new healthy favorites to add to your regular grocery list.

**Trick yourself with treats:** Being on a healthy diet does not mean that you have to deprive yourself of cravings. If you have a sweet tooth, have fruit or yogurt for dessert. If you crave an afternoon snack, try some trail mix or nuts. There is no need to feel hungry throughout the day simply because you are making healthful changes, instead, look for healthy alternatives.

The Kendall County Health Department would also like to remind residents that balancing physical activity and a healthful diet is the best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

For more information on National Nutrition month visit the American Dietetic Association website at [www.eatright.org](http://www.eatright.org) or call the Kendall County Health Department at (630) 553-9100.