



Catawba County Public Health

www.catawbacountync.gov/phealth
3070 11th Ave. Dr. SE, Hickory, NC 28602
Phone (828) 695-5800
Fax (828) 695-4410

For Release: March 21, 2016

Media Contact: Emily Killian, community engagement specialist, ekillian@catawbacountync.gov, (828) 695-6637

SIMPLIFYING NUTRITION SO WE CAN ALL EAT HEALTHY

HICKORY, N.C. – One of our most basic needs as humans is nutrition – but making healthy choices seems anything other than simple.

With thousands and thousands of products filling our grocery store shelves, it can be hard to decide: canned peas, frozen peas or fresh peas? Should I buy bananas or apples? Or, maybe just cookies instead. It becomes a little easier when we look at nutrition as a whole.

The Academy of Nutrition and Dietetics has three guidelines that almost anyone can follow to make sure they are eating more nutritious foods:

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Many of us were raised on the old food pyramid, but getting the right nutrition looks a little different today with the switch to My Plate. The idea behind My Plate is to show what a balanced meal looks like. There is less emphasis on grains, and half the plate is taken up by vegetables and fruits. The number of servings for each category is gone. Instead, the visual divisions on the plate are a guide. The other major difference is the meat category from the old pyramid has been replaced with a protein category on the plate, which includes meats, nuts, eggs and other plant proteins.

Once you're familiar with the recommendations, it's time to start eating with nutrition in mind. Here's where you can get started:

- Create your daily nutritional checklist: <http://www.choosemyplate.gov/MyPlate-Daily-Checklist>
- Get cooking: <http://www.whatscooking.fns.usda.gov/>
- For more practical advice: <http://www.eatright.org/>.

And if that isn't enough, some Catawba County residents are eligible to receive benefits through the Women, Infant and Children Supplemental Nutrition Program (WIC). It's funded by the United States Department of Agriculture (USDA) for infants and children up to age five and pregnant, postpartum, and breastfeeding women. WIC helps ensure that families have access to foods that are rich in protein, iron, calcium, and vitamins A and C. To help families plan healthy meals, the program also offers nutritional counseling. For more information about WIC, log on to <http://www.catawbacountync.gov/phealth/Child/WIC.asp> or call 828-695-5800. Catawba County Public Health is an equal opportunity provider.

"Leading the Way to a Healthier Community"



Catawba County Public Health, located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., works to protect and promote the health of all county residents. For more information, please call (828) 695-5800 or visit www.catawbacountync.gov/phealth.

###

“Leading the Way to a Healthier Community”

**CATAWBA
COUNTY** **Public
Health**

