



March 1, 2009

FOR IMMEDIATE RELEASE

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NATIONAL NUTRITION MONTH – EAT RIGHT!

By Sue Montague, RD

Simply put - To Eat Right is to eat a variety of foods in moderation!

Since there is no one food item that contains 100% of the nutrients your body needs, a variety is the key. This includes foods from various food groups and a variety of foods within each group.

Are you getting the variety of nutrients your body needs to fight off disease, build and maintain bones, build muscle, control blood pressure and the many other countless functions that make and keep you healthy?

Ask yourself the following questions:

- Do I eat 2-3 servings of whole grain foods a day?
- Do I choose several brightly colored fruits and vegetables a day?
- Do I include 2-3 servings of low-fat milk, cheese or yogurt a day?
- Do I have some meatless meals each week with protein from beans or soy foods?
- Do I enjoy lean meats and poultry with just an occasional bologna or sausage?
- Do I include fish (even canned tuna) twice a week?
- Do I snack on a handful of nuts 4-5 times a week?
- Do I use trans-fat free margarine?
- Do I cook with oils like olive or canola?
- Do I eat 2-4 times a day? All the nutrients you need won't fit into one meal.

If you find your eating habits fall short then pick one area to improve, master changes and then move on to another area. If excess calories are a problem check your portion size, use smaller plates and bowls at home. Try filling up on foods with high water and fiber content like broth based soups, salads and fruit. Avoid high calorie and high sugar beverages other than 16-24 oz milk and 4 oz 100% fruit juice a day. Be consistent with the changes you make. Remember you are building good habits for a lifetime of eating. Every positive change you make will improve your body's ability to function correctly and you will be healthier. Enjoy eating right!

If you have any topics that you would like to see discussed in this column please call Maryanne at (603) 747-9189 or email maldrich@cottagehospital.org

Cottage Hospital is a 25-bed, Critical Access Hospital, serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org or call (603)747-9000.

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