

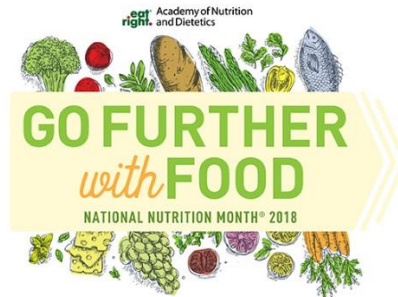


Kentucky Public Health

Prevent. Promote. Protect.

Go Further With Food

52 Weeks of Public Health Spotlight: National Nutrition Month



Released March 9, 2018



FRANKFORT, Ky. (March 9, 2018) – As a part of 52 Weeks of Public Health campaign, the Department for Public Health (DPH), within the Cabinet for Health & Family Services, is sharing nutrition education for National Nutrition Month. This week’s topic focuses on the importance of good food choices, eating habits and physical activity habits to help build a stronger, healthier Kentucky.

"Go Further with Food" is the 2018 theme for National Nutrition Month. Kentucky faces its share of challenges in regard to health outcomes, but health food choices can make a positive difference in one’s overall health. Whether it's starting the day off with a healthy breakfast or preparing foods at home, Kentuckians can lower blood pressure and your risk for diabetes.

We all live busy lives and often times unhealthy food options are the easier, more convenient choice. DPH encourages you to consider the following tips to help you “go further with food” when making food choices even when you are on the go.

- 1) Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
- 2) Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

- 3) Split your order. Share an extra-large sandwich or main course with a friend or take half home for another meal.
- 4) Enjoy ethnic foods such as Chinese stir-fry, vegetable-stuffed pita or Mexican fajitas, but go easy on the sour cream, cheese and guacamole.
- 5) At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables.
- 6) Ask for sauces, dressings and toppings to be served “on the side.” Then you control how much you eat.
- 7) Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
- 8) Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
- 9) Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
- 10) For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.