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**CONNECTICUT ACADEMY OF NUTRITION AND DIETETICS**

**ENCOURAGES EVERYONE TO ‘BITE INTO A HEALTHY LIFESTYLE’ DURING NATIONAL NUTRITION MONTH®**

**SIMSBURY, CT** – Connecticut Academy of Nutrition and Dietetics, the state association of the Academy of Nutrition and Dietetics, is celebrating National Nutrition Month® throughout the month of March. This year’s National Nutrition Month theme is “Bite into a Healthy Lifestyle” and focuses on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

“There are over 950 active registered dietitian nutritionists and dietetic technicians, registered in Connecticut. Our primary goal is to serve the public through promotion of optimal nutrition, health, and well-being through our members’ diverse practice areas, ranging from business/industry, communications, consultation and private practice, community nutrition, culinary or clinical, to name a few,” says said Pat Baird, MA, RDN, FAND, President of the Connecticut Academy of Nutrition and Dietetics.

CT Academy is encouraging its members to participate in a '30 Nutrition Tips in 30 Days' challenge during National Nutrition Month to showcase their food and nutrition insight and expertise on their social media pages. The posts will be tagged with #NNM @EatRightCT. You can follow @EatRightCT on Twitter or like on Facebook (<https://www.facebook.com/Connecticut-Academy-of-Nutrition-and-Dietetics>). Posts will also be featured on CT Academy’s website ([www.eatrightct.org](http://www.eatrightct.org)) and blog.

Here are a few ways to “Bite into a Healthy Lifestyle” from the food and nutrition experts at the Academy of Nutrition and Dietetics:

* **Make Informed Food Choices**

A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it’s also essential to make informed food choices based on your individual health and nutrient needs. Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices. A registered dietitian nutritionist can educate you and can guide your food choices while keeping your tastes and preferences in mind.

* **Choose Sensible Snacks**

If you choose carefully, and plan ahead, sensible snacks are a part of any healthful eating plan. Snacks can prevent overeating at mealtimes and throughout the day. For children and adults alike, snacks can supply foods and nutrients that we might miss in meals. Snacks especially offer a great way to eat more fruits, vegetables, whole-grain and low-fat foods

* **Get Plenty of Physical Activity**

Daily physical activity is a crucial part of a healthy lifestyle, and unfortunately most Americans don’t include enough exercise in their daily routines. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall wellbeing.

* **Consult a Registered Dietitian Nutritionist**

Registered dietitian nutritionists draw on their experience to develop a personalized nutrition plan for individuals of all ages. RDNs are able to separate facts from fads and translate nutritional science into information you can use. An RDN can put you on the path to a healthy weight, eating healthfully and reducing your risk of chronic disease, all components of biting into a healthy lifestyle.

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Initiated in 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of registered dietitian nutritionists as advocates for advancing the nutritional health of Americans and people around the world, the second Wednesday of March has been designated “Registered Dietitian Nutritionist Day.” In 2015, RDN Day will be celebrated on March 11.

As part of this public education campaign, the Academy of Nutrition and Dietetics’ [National Nutrition Month website](http://www.eatright.org/nnm) includes a variety of helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the “Bite into a Healthy Lifestyle” theme.

Contact Meghan Flynn, MS, RDN at 203-667-0241 for more information or to schedule an interview with a member of CT Academy during National Nutrition Month.

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The Connecticut Academy of Nutrition and Dietetics ([www.eatrightct.org](http://www.eatrightct.org)) serves the public through promotion of optimal nutrition, health, and well-being.As the leading advocate of the dietetic profession in Connecticut, our membership includes Registered Dietitian Nutritionists, Dietetic Technicians, Registered, students, and retirees of the profession. Chartered by the [Academy of Nutrition and Dietetics](http://www.eatright.org/), the CT Academy is committed to serving the public in the state of Connecticut, while supporting activities at the national and international level. For more information visit the website at [www.eatrightct.org](http://www.eatrightct.org/).

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).