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Re: March is National Nutrition Month

The Genesee County Health Department (GCHD) challenges you to *Put Your Best Fork Forward*, this year's theme for National Nutrition Month, an annual campaign in March created by the Academy of Nutrition and Dietetics. Choosing healthier foods can help you and your family stay healthy, manage weight and be physically active. In Genesee County, this is especially important as healthy eating is one of the best ways to alleviate elevated lead levels caused by the Flint Water Crisis.

Eating a variety of foods from all food groups assures the body receives the nutrients needed. GCHD wants you to know that healthy diet recommendations from the Academy include:

- Fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Lean meats, poultry, fish, beans, eggs, and nuts.
- Keeping your diet low in saturated fats, trans fats, salt (sodium) and added sugars.

To alleviate the effects of lead exposure, eat foods that are high in Calcium, Iron, and Vitamin C. Eating a healthy diet and foods rich in these three nutrients helps to limit the absorption of lead in the body. Foods containing these 3 nutrients include:

- **Calcium:** Milk, Yogurt, Cheese, Green Leafy Vegetables, Tofu, Canned Salmon (with bones).
- **Iron:** Lean Red Meats, Fish, Chicken, Iron-Fortified Cereal, Dried Fruits, Beans
- **Vitamin C:** Oranges, Tomatoes, Green Peppers, Cauliflower, Kiwi, Strawberries

The Genesee County WIC-Special Supplemental Nutrition Program for Women, Infants and Children serves low and moderate income pregnant, breastfeeding and postpartum women, infants, and children up to age 5. WIC services include supplemental food, nutrition education and counseling, breastfeeding counseling, education, and support. To learn more about WIC and nutrition counseling available at GCHD contact the WIC office at 810-237-4537. You can also visit www.gchd.us for more information about WIC, nutrition and lead exposure or contact your health care provider. The Academy of Nutrition and Dietetics website provides a variety of nutritional tips, games, and resources for National Nutrition Month at www.eatright.org.

Genesee County Health Department. Your Health. Our Work.

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