

Media contact: Rachel Stahl, MS, RD, CDN, CDE
914-274-0550
rachelerinstahl@gmail.com



**NEW YORK STATE ACADEMY OF NUTRITION AND DIETETICS
JOINS THE ACADEMY OF NUTRITION AND DIETETICS
DURING NATIONAL NUTRITION MONTH®**

NEW YORK (March 1, 2019). The New York State Academy of Nutrition and Dietetics (NYSAND) is proud to join the Academy of Nutrition and Dietetics (AND) during March in celebrating National Nutrition Month®.

Each March, the Academy promotes healthy eating and physical activity through National Nutrition Month®. Key messages this year include focusing on healthy simple meals, reducing food waste, and being mindful of portion sizes. “National Nutrition Month is such an exciting opportunity in the year to pause and recognize the importance of good nutrition. It’s wonderful that we can enjoy tips from qualified professionals (Registered Dietitian Nutritionists (RDN) and Nutrition and Dietetics Technicians, Registered (NDTR) on nutritious foods and increasing the quality of our intake!” says NYSAND President Carol DeNysschen, PhD, MPH, RD, CDN, FAND.

Here are a few healthy eating tips from the expert media spokespeople at NYSAND:

Practice Portion Control (Allyson Odachowski, RDN, CSSD, CDN)

Portion control supports overall health and is as easy as 1, 2, 3. 1: Choose a smaller plate for meal time. 2: Portion higher calorie snacks like chips into small, single servings as soon as you arrive home from shopping. 3. Place highly nutritious and lower calorie food choices like fruits and vegetables where you can easily see them like a bowl on the counter or at eye level in the refrigerator or pantry. This way you are more likely to choose them first.

Feeding your Family (Michelle Barber, MA, RDN, CDN)

Feeding your family healthfully can be hard and confusing but here are 2 suggestions to help simplify it. 1. *Get your kids involved in nutrition whether it’s in your kitchen or the grocery store.* Let them help cook dinner, pick out the fruit at the grocery store, or have one meal a week be a kids choice. You’ll find they will be more willing to eat the fruit, and eat the dinner meal that they helped cook and decide on. 2. *Let your kids be in control of how much they eat (but not what or when they eat, that’s up to you)!* It’s called Division of responsibilities when feeding your child. Your child’s only responsibility when eating is to determine when his/her belly is full. The parent decides when they will eat, where they will eat, and what they will eat.

Mastering Mindful Eating (Ilene Cohen, MS, RDN, CDE®, CLT, C-IAYT)

We can master mindful eating by tuning into ourselves and our hunger and satiety cues. The hunger scale is a tool that helps practice intuitive eating by asking the user to rate their body’s internal cues on a scale of 0 to 10, with 0 feeling extremely hunger or “empty” and 10 feeling extremely full, or “stuffed.” Here are 2 tips to get started:

1. *Tune in* by taking a moment to connect with yourself. Take a few breaths and notice what you feel, hear, see, taste, and smell. This will help you be more present, which will help you understand where you fall on the scale.
2. *Journal your observations* either on paper or through a notes app on your smartphone. This helps you keep track and notice trends, which can lead you to make better decisions around meal times.

Healthy Eating On-the-Go (Jonathan Valdez, MBA, RDN, CSG, CDN, CCM, CDE, ACE-CPT)

When eating on-the-go think of easy, healthy, and lower-cost items such as bananas, oranges, and grapes. Other items that are not perishable, delicious, easy and high in protein are beef jerky, peanut butter and jelly sandwiches, nut-based bars.

Tips for Staying Motivated (Joelle Malinowski, BS, RD, CDN, CDE)

Stay focused with SMART Nutrition goals including:

1. Make Specific, Measureable, Achievable, Relevant and Time bound (SMART) goals each week and build on them as you go (i.e. "I will walk or jog for 30-60 minutes, 3 times this week")
2. Use reminders: sticky notes, phone alarms, journaling, picture of goal on the background of your phone screen
3. Have a support group/person

Consult a Registered Dietitian Nutritionist (Hannah Smith, RDN, CDN)

Wednesday March 13th, 2019 is Registered Dietitian-Nutritionist (RDN) day! Why see an RDN? RDNs have gone through rigorous training including specific course work and clinical practice hours to understand your body's needs on the molecular level and ensure all your health and dietary needs are taken in to account based on your diagnosis, age, health and goals. After completing required supervised practice hours, they must sit for a national exam. After passing the exam, RDNs are required to complete 75 hrs of continuing education credits every 5 years to maintain their accreditation. An RDN can put you on the path to a healthy weight and reducing your risk of chronic disease. Find a RDN in your area on eatright.org.

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 RDN 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 2019, RDN Day will be celebrated on March 13th.

As part of this public education campaign, the Academy of Nutrition and Dietetics' National Nutrition Month[®] website (<http://www.eatright.org/resources/national-nutrition-month>) includes a variety of helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition. You can also view their Press Release here:

<https://www.eatrightpro.org/media/press-releases/national-nutrition-month/national-nutrition-month-2019>

Contact Rachel Stahl via email at rachelerinstahl@gmail.com for more information or for a schedule of The New York State Academy of Nutrition and Dietetics' National Nutrition Month[®] activities.

###

The New York State Academy of Nutrition and Dietetics (NYSAND) is the largest group of nutrition professionals in New York State. With more than 5,000 members, NYSAND provides credible nutrition information to the citizenry of New York, and educational and legislative support to the field. Our membership is made up of nutrition professionals who work and live in New York State. NYSAND is the advocate of the dietetic profession, serving the public through the promotion of optimal nutrition, health, and well being. Visit us at www.eatrightny.org.