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FOR IMMEDIATE RELEASE

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Beyond the Table

March is National Nutrition Month®

March is recognized annually as National Nutrition Month® by The Academy of Nutrition and Dietetics. Benzie-Leelanau District Health Department, alongside the Northern Michigan Public Health Alliance, would like to remind residents the importance of good nutrition in promoting the health and well-being of current and future generations of Americans.

Individuals who maintain healthy eating habits are more likely to live longer and have a reduced risk of chronic health conditions compared to those with poor dietary practices. Inadequate nutrition can contribute to various debilitating diseases, including obesity, heart disease, and certain cancers.

"It's alarming that less than 1 in 10 adults and children meet the daily recommended servings of vegetables, and only 4 in 10 children and fewer than 1 in 7 adults consume the recommended intake of fruits," Dr Joshua Meyerson, Medical Director. "These essential food groups are critical for maintaining overall health and well-being, providing vital vitamins and minerals necessary for optimal health."

Premium Nutrition for Baby

Breastfeeding can help protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). Benzie-Leelanau District Health Department has Breastfeeding Peer Counselors available to help you on this nutrition journey if you are interested. Please call us at 231-882-4409 ext 3 for Breastfeeding information and to talk with our Peer Counselor.

For more information, food safety tips and healthy nutrition facts, visit www.eatright.org.

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Proud member of the [Northern Michigan Public Health Alliance](#): 7 local health departments advocating for public health.