



UNIVERSITY of CALIFORNIA

Agriculture & Natural Resources

COOPERATIVE EXTENSION • PLACER & NEVADA COUNTIES

PLACER: 11477 E Avenue • Auburn, CA 95603

Tel: (530) 889-7385

Fax: (530) 889-7397

E-Mail: ceplacer@ucdavis.edu

NEVADA: 255 So. Auburn Street • Grass Valley, CA 95945

Tel: (530) 273-4563

Fax: (530) 273-4769

E-Mail: cenevada@ucdavis.edu

WEB SITE: ceplacervevada.ucdavis.edu



NEWS RELEASE

For Immediate Release
March 20, 2009

For Further Information Call:
Molly Klumb
(530) 889-7350

March is Nutrition Month so Back to the Nutrition Basics

March is National Nutrition month and there is no better time to become more familiar with the basics concepts of diet and nutrition. Spring is just around the corner, as are many more outside activities and with that, a healthy and balanced diet is essential. There are several guidelines provided by the USDA including tips and ideas about what a healthy diet should include. Understanding these nutritional concepts will allow you to choose healthier and more nutritious foods. A few tips the USDA recommended include:

- Make half of your grains whole
- Vary your vegetables
- Focus on fruit
- Get you calcium rich foods
- Go lean with protein
- Maintain a balance between diet and physical activity
- Keep your food safe to eat

Additional recommendations emphasize at least 30 minutes of moderate to vigorous daily physical activity. Moderate activities may include walking, gardening or hiking, while vigorous activities include jogging, swimming or playing a competitive sport. For more information and ideas regarding nutrition and food, you can visit the USDA's website at <http://www.USDA.gov>.

Parents and childcare providers can also learn more about nutrition and healthy eating through the UCCE's Nutrition BEST program at (530) 889-7350 or visit us at <http://ceplacer.ucdavis.edu>.



Sharon K. Junge
Nutrition, Family, & Consumer Sciences Advisor