



CHCHD News

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Brighten Up Your Plate during National Nutrition Month

Chattanooga, TN-Have you shelved your New Year's resolution to lose a few pounds? March is the perfect time to get back on track. The American Dietetic Association encourages everyone to "Eat Right with Color" during National Nutrition Month.

Eating healthy is not just about counting calories. "National Nutrition Month is a great time to experiment and try new foods. Adding color to your plate means you're eating more vital nutrients. Seasonal fruits and vegetables are popping up in grocery stores and farmer's markets, so there are many options," said Jill Heine, MPH, and Certified Health Education Specialist for the Chattanooga-Hamilton County Health Department.

To help individuals make better food choices, Heine and CHCHD registered dietitians Robin Darling and Jennifer Scanlan will lead a grocery store tour and food label education workshop on Tuesday, March 29, from 11 a.m. to 12 p.m., at Bi-Lo in Red Bank.

"Reading food labels and navigating a grocery store can be very confusing. At this event we will help individuals understand serving sizes, calories, and answer questions regarding overall nutrition. We will also offer a guided store tour to show people where to find healthier food items," said Heine.

To spruce up your plate with more nutrients, the American Dietetic Association recommends using the following color guide:

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits*: avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables*: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

For more information on how to "Eat Right with Color," visit ADA's [National Nutrition Month website](#) for a variety of helpful tips.

To register for the grocery store tour and food label education workshop, call Jill Heine in Health Promotion and Wellness at (423) 209-8246. Space is limited and registration is required.