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FOR IMMEDIATE RELEASE

VANTAGE/AFFINITY CELEBRATE NATIONAL NUTRITION MONTH

You know you're supposed to eat healthy all year round, but when you get busy, eating right is the first thing to go. Recommit to your resolution, and start achieving your weight and health goals this month!

Did you know that most women trying to lose weight are actually gaining weight from not eating enough? People are surprised to know you can actually gain weight by not eating your caloric requirement. Check with one of our registered dietitians to find out how much you should be eating.

What you eat IS important. One simple step towards a healthier diet is to add more fresh fruits and non-starchy vegetables to your meals. You should try to eat at least 3-5 servings of vegetables a day. This is a minimum – more is better! A serving of vegetables is: ½ cup of cooked vegetables or 1 cup of raw vegetables.

Simple substitutions go a long way! Instead of mashed potatoes, try substituting mashed cauliflower: same great flavor and a quarter of the carbohydrates! Cut out grain-based pasta, and use spaghetti squash as your noodle base! You'll be surprised how similar the taste and texture is! Instead of reaching for the potato chips, pick up an apple or carrot to snack on. You'll get the same crunch with none of the fat!

If you would like to learn more about healthy, creative substitutions, or nutrition in general, try one of the Affinity Health Management Center's Nutrition Classes, taking place every Wednesday! Call **(318) 807-1500** for more information or to register for a class!

1st Wednesday of the month

10:30-11:30 a.m. . . . Eating on a Budget (cost-effective meals), Katie Dean
4:00-5:00 p.m. . . . Eating on the Fly (quick meals), Amanda Wood

2nd Wednesday of the month

10:30-11:30 a.m. . . . Supping Solo (eating alone), Amanda Wood
4:00-5:00 p.m. . . . Eating for Baby (maternal nutrition), Katie Dean

3rd Wednesday of the month

10:30-11:30 a.m. . . . Feeding Baby (infant nutrition), Amanda Wood
3:30-4:30 p.m. . . . Yucky to Yummy (child nutrition), Katie Dean

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