



JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.

**FOR IMMEDIATE RELEASE:
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NUTRITION MONTH AND REGISTERED DIETITIANS DAY

(OLATHE, KS – **MARCH 3, 2008**) The Johnson County Health Department celebrates Nutrition Month and Registered Dietitians Day on March 10, 2008 by encouraging you to discover how small lifestyle changes, such as adding more vegetables to your daily eating plans, quickly add up and pay big health dividends over time. Registered dietitians use their nutrition expertise to help people make these types of unique, positive lifestyle changes. This week, the Johnson County Board of County Commissioners are officially proclaiming March 10th as the first annual Registered Dietitians Day.

Annual visits to a registered dietitian for a ‘nutrition checkup’ is a good idea. These checkups enable you to not only address nutrition and health problems as they occur, but more importantly, prevent problems that are potentially looming down the road. A registered dietitian can help you look at what you eat, help you learn how to eat in moderation and can help dispel the myths that might get in the way of healthful eating.

“Good nutrition is the best way to maintain good health, so it makes sense to make healthy choices at every meal, every day”, states Dr. Leon Vinci, Health Director of the Johnson County Health Department.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day and staying within your daily calorie needs.

Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group – those packed with vitamins, minerals, fiber and other nutrients but are also lower in calories.

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