



NEWS RELEASE

St. Charles County Government

Department of Community Health and the Environment

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March is National Nutrition Month

You can be “100% Fad Free”

St. Charles County, Missouri – Diet fads come and go, and some may help you lose weight in the short term. For National Nutrition Month 2007, the American Dietetic Association (ADA) says the most effective long-term way to achieve a healthful lifestyle is to be “100% Fad Free.”

Through National Nutrition Month, created in 1973, the ADA promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits.

“The best diet is a balanced diet that includes items from all food categories,” says Nancy Duncan, director of the St. Charles County Division of Public Health. “Fad diets often severely restrict or even eliminate entire food groups, which is detrimental to long-term health. The key to reaching your goals is to develop and maintain a healthy eating plan for a lifetime, coupled with regular exercise.”

The St. Charles County Department of Community Health and the Environment can help citizens achieve their health goals. Our professional educators provide classes on a wide range of topics, including nutrition, childhood obesity, activity and exercise, and heart health. Call 636-949-7900 extension 4244 for more information about classes offered, or to arrange a presentation.

For more information about healthy eating, visit the USDA’s website at www.MyPyramid.gov. The Department of Community Health and the Environment can be reached by calling 636-949-7400 or by visiting www.scchealth.org.

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