AUBURN UNIVERSITY JOINS WITH ACADEMY OF NUTRITION AND DIETETICS DURING NATIONAL NUTRITION MONTH®
ENCOURAGING EVERYONE TO ‘GET YOUR PLATE IN SHAPE’

Month-long campaign highlights the importance of making informed food choices and developing sound eating and physical activity habits

Auburn University is proud to join the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) during March in celebrating National Nutrition Month®. This year’s National Nutrition Month theme is “Get Your Plate in Shape” and encourages consumers to remember to include a variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

“I am thrilled about this year’s theme for National Nutrition Month because it pairs perfectly with our “Balance That Plate!” campaign here at Auburn University. Our goal is educate students, faculty, and staff about the importance of balance to help each individual achieve a healthful lifestyle. That being said, we are trying to make it as easy as possible for you to make healthful choices on our campus to reach your full health potential. We have a lot of resources and opportunities for you to take advantage of this month and the whole year through in order to “Get Your Plate in Shape!” says Auburn University’s Registered Dietitian, Jessica-Lauren Roberts, who is employed by Campus Recreation, the Department of Nutrition, and Auburn University’s Medical Clinic.

Throughout March, nutrition information will be offered at various sites on Auburn’s campus and at city vendors.

- **Wednesday, March 7, 2012- Health Fair at Haley Center, 9am-2pm:** Local vendors with free samples, health check-ups, health information, and get-started tips to take your health into your hands
- **Thursday, March 8, 2012- AU Medical Clinic Lobby, 1:00-3:30 pm:** Visit our booth on “Getting your Plate in Shape” with great handouts and an opportunity to build your balanced plate with real-time supervision and feedback offered by the nutrition staff.
- **Thursday March 22, 2012- AU Medical Clinic Lobby, 9-10:30 am and 1:00-3:30 pm-** Come visit our booth on “Getting Yourself in Shape” with great exercise tips and healthy snack options to incorporate for energy. Take a chance to review the previous week’s lesson regarding building a balanced plate.
- **Wednesday March 28, 2012- Earth Fare on Opelika Road, 4:00pm-8:00pm.** AU Campus Recreation’s Nutrition Team will be there to help assist with grocery shopping and making the right choices for you and your health. Helpful and healthful information for every person, every budget, every shape and size!
- **Monday March 26, 2012- AU Medical Clinic Lobby 9:00-10:30 am and 1:00-3:30 pm-** Ever stared at the back of the box wondering what you should be looking for on that label? Come visit our booth one more time to find out about the “Nutrition Facts Label: What’s That All About?” and review the previous weeks’ lessons to “Balance That Plate” and put it all together!

Here are a few ways to “Get Your Plate in Shape” from the food and nutrition experts at the Academy of Nutrition and Dietetics:

- **Make half of your plate fruits and vegetables:** Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.
- **Make at least half your grains whole:** Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.
• **Switch to fat-free or low-fat milk**: Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

• **Vary your protein choices**: Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.

• **Cut back on sodium and empty calories from solid fats and added sugars**: Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.

• **Enjoy your foods but eat less**: Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what’s in your food. When eating out, choose lower calorie menu options.

• **Be physically active your way**: Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.

Initiated in 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of March has been designated “Registered Dietitian Day.”

As part of this public education campaign, the Academy’s [National Nutrition Month website](http://www.eatright.org) includes a variety of helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the “Get Your Plate in Shape” theme.

Contact Auburn University’s Registered Dietitian, Jessica-Lauren Roberts MA, RD, LD at Jessica-Lauren@auburn.edu or 334-844-4716 or 334-844-2591 for more information or a schedule of National Nutrition Month activities. Jessica-Lauren is available to students, faculty, and staff at the Student Activities Center in Campus Recreations Fitness and Nutrition Services or by physician referral for medically-indicated conditions at the Auburn University Medical Clinic.

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“Campus Recreation fosters engagement, leadership, learning and wellness through quality programs, state-of-the-art facilities, and a professional and highly qualified staff. Structured intramural and club sports, informal recreation, fitness and nutrition programs and services encourage the Auburn University community to develop lifelong patterns of healthy living.”
“At the Auburn University Medical Clinic, in addition to serving the AU student population, we also provide health care services for members of our administration, faculty, staff and citizens from the surrounding community and visitors to the area. Our philosophy is to serve as a patient advocate, which obligates us to empower patients to better manage their health needs through education and skill development. We are prevention-oriented and seek to work with patients so that they can better understand their health care needs. Each contact is a teachable moment, an opportunity to increase a patient’s knowledge and understanding of their medical concerns, an opportunity to assist them in developing skills to self-direct their behavior to prevent recurrences and, an opportunity to encourage self-health skills so that our patients can be better informed consumers of an increasingly complex health care system.”

“The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.”