

# NUTRIGRAM


## March 2008

### National Nutrition Month® 2008: It's A Matter of Fact

March is National Nutrition Month, an annual promotion by the American Dietetic Association to educate you about nutrition, as well as encourage you to make healthy food choices and participate in physical activity. This year, the experts at the American Dietetic Association want you to look beyond nutrition myths and concentrate on the facts.

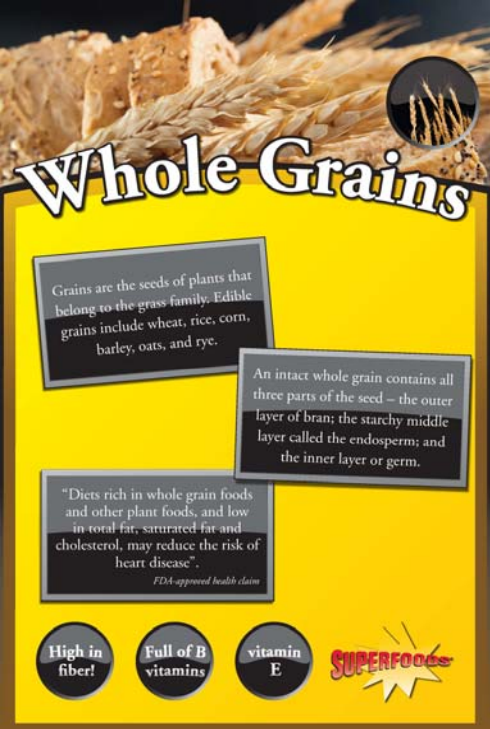
#### National Nutrition Month® 2008 Top 10 Nutrition Facts:

1. Eating right doesn't have to be complicated. Use [Mypyramid.gov](http://Mypyramid.gov) as a guide for healthy choices.
2. The best nutrition advice is based on science.
3. Get your food and nutrition facts from the expert: a registered dietitian (R.D.). An R.D. is a specially trained nutrition professional.
4. Physical activity is important for overall health and fitness.
5. Focus on nutrient-rich foods—most of your choices should be packed with vitamins, minerals, fiber and other nutrients.
6. Look at the big picture: Your total diet is more important than any single food.
7. Prepare, handle and store food properly to protect against food-borne illness.
8. Be aware of food myths and misinformation that may harm rather than help your health.
9. Read food labels for nutrition facts to help you make smart food choices more easily.
10. Find the healthy fats when making food choices. Choose polyunsaturated and monounsaturated fats and keep saturated and trans fat intake low.



**BALANCED CHOICES®**  
*for a healthy lifestyle*

Monthly SUPERFOODS Promotion



**Whole Grains**

Grains are the seeds of plants that belong to the grass family. Edible grains include wheat, rice, corn, barley, oats, and rye.

An intact whole grain contains all three parts of the seed – the outer layer of bran; the starchy middle layer called the endosperm; and the inner layer or germ.

"Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease".  
FDA-approved health claim

High in fiber! Full of B vitamins vitamin E **SUPERFOODS**

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