

Top 10 Nutrition Facts

March 2008

During National Nutrition Month, the American Dietetic Association urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is “Nutrition: It’s a Matter of Fact.”

The experts at ADA have identified the following facts:

1. Eating right doesn’t have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories.
6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
8. Don’t fall prey to food myths and misinformation that may harm rather than benefit your health.
9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
10. Find the health fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.