News Release

FOR IMMEDIATE RELEASE

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UH DINING SERVICES CELEBRATES NATIONAL NUTRITION MONTH

Events on campus demonstrate importance of making informed food choices and developing healthy habits

Houston, March 5, 2013 - UH Dining Services is proud to join the Academy of Nutrition and Dietetics to celebrate National Nutrition Month. With the theme of "Eat Right, Your Way, Every Day," this year's National Nutrition Month recognizes that while food preferences, lifestyle, cultural and ethnic traditions, and health concerns can all impact individual food choices, the development of a personalized healthy eating style is essential.

"National Nutrition Month highlights the importance of making informed food choices that work for each individual's lifestyle and nutrition needs," said Caroline Sullivan, registered dietitian with UH Dining Services. "We are committed to providing the campus community with a menu that features a variety of healthy options and supports consumers' changing preferences."

During the month of March, UH Dining Services will celebrate National Nutrition Month with several programs across campus. Every evening for the remainder of the semester, students will find a featured healthy dish at both Fresh Food Company and Cougar Woods. This meal is created for variety and nutrition to help diners understand how to build a healthy meal. UH Dining Services will also have nutrition games at Fresh Food Company, Cougar Woods, and the UC Satellite to help diners find healthy choices throughout the locations.

In addition to the on-campus events, here are a few ways students can "Eat Right, Your Way, Every Day" from the food and nutrition experts at the Academy of Nutrition and Dietetics:

- **Personalize your eating style**: The easiest way to get the nutrients your body needs is to eat healthy foods you enjoy. Finding good-for-you foods that please your palette makes eating healthfully special and exciting.
- **Eat for your lifestyle**: Athletic, vegetarian/vegan, corporate and family lifestyles all have special nutritional needs, but eating right can be easy and tasty with attention to those foods that best help get you through the day.
- **Incorporate cultural and ethnic traditions**: Foods from around the globe often incorporate an abundance of unique, flavorful and nourishing ingredients. Keep traditions alive and bring the world to your family’s table.
• **Keep health concerns in mind**: A healthful eating plan can help prevent and treat a variety of health concerns. With modification and moderation, you can still enjoy many of your favorite foods while meeting your nutritional needs and health goals.

• **Make MyPlate your plate**: Fill half of your plate with your favorite fruits and vegetables; keep protein portions lean and about three ounces; make at least half of your grain choices whole grains; and be sure to include low-fat or fat-free dairy.

Additionally, students can utilize the free CampusDish mobile app to review nutrition information for menu items, search for items by nutrition content, and more. Available for iPhones, iPads and Android phones, the app provides instant access to on-campus nutrition information. Students can also visit uh.edu/dining to learn more about healthy meal choices on campus.

For more information about UH Dining Services, visit www.uh.edu/dining.

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**About the University of Houston**

The University of Houston is a comprehensive national research institution serving the globally competitive Houston and Gulf Coast Region by providing world-class faculty, experiential learning and strategic industry partnerships. UH serves more than 40,700 students in the nation’s fourth-largest city, located in the most ethnically and culturally diverse region of the country.

**About the Academy of Nutrition and Dietetics**

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.