

Eat Right PSAs—Summer 2013

Should I See a Registered Dietitian Nutritionist?
:30

Good news for those of us who love to eat! Eating right isn't about the foods you give up. It's about eating the foods you enjoy... wisely!

Your food preferences, lifestyle, cultural and ethnic traditions, and health concerns are *all* important. So don't settle for one-size-fits-all advice on dieting. Seek out the assistance of a registered dietitian nutritionist instead. You'll lower your weight and maximize your health, while *still* eating the foods you love. And doesn't that sound tasty? To find a registered dietitian nutritionist near you, visit *EatRight.org*.

(92 words)

EatRight Radio PSA – Live Read

Fuel Your Sport
:30

Want to get the most out of *your* exercise? Give your body the fuel it needs, by eating *right*. A few hours before you work out, have some peanut butter and honey on whole-grain toast. Or a turkey and Swiss sandwich with fruit. Or try a bowl of oatmeal with banana, almonds, and skim milk. Then a half hour before you exercise, eat some fruit and drink a bottle of water. You'll train longer, work out harder, and delay fatigue. Eating right helps! For a registered dietitian nutritionist near you, visit *EatRight.org*.

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Disease Prevention

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Eating right isn't just good for your body. It also reduces your risk of developing all sorts of diseases, including cancer, heart disease, diabetes, and stroke. And it's so easy to eat right. Make sure you get a variety of foods each week: seafood, lean meat, poultry, beans, and nuts. At mealtimes, fill half your plate with fruits and vegetables... every meal. Choose foods that are low in calories, fat, and sodium. Limit your alcohol. And maintain a healthy weight. A registered dietitian nutritionist can help. Find one near you at *EatRight.org*.

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EatRight Radio PSA – Live Read

Healthy Pregnancy
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Pregnant? A nutritious diet is essential when you're eating for two! Keep yourself *and* your baby healthy during your pregnancy by eating right. That means eating plenty of whole grains, fruits and vegetables, lean protein, and low-fat dairy. Make sure you're getting your iron, calcium, and omega-3s, too. And pay attention to folic acid which helps prevent birth defects. Folic acid is found in a wide variety of foods such as dark-green leafy vegetables and enriched cereals and grains. To be sure you're eating right while you're expecting, consult a registered dietitian nutritionist through *EatRight.org*.

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Make Fruits and Veggie Snacks More Appealing to Kids
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Want your kids to eat right? Treat them to more fruits and vegetables. When your kids have a snack attack, save the day with a homemade, nutrition-packed treat. Peel a banana, dip in yogurt, roll in crushed cereal, and freeze. Or serve your kids a pita stuffed with ricotta cheese, apple slices, and a dash of cinnamon. When your kids eat right, they'll have more energy and feel fuller, longer. For more creative treats to serve your kids, get child-friendly recipes for snack kebabs, fruit shake-ups, and more at *KidsEatRight.org*.

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EatRight Radio PSA – Live Read

Food Thermometer
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What kitchen gadget is so essential to food safety that no home should be without it? A food thermometer! And this important cooking gadget isn't just for meat and poultry. It'll help you avoid food poisoning from egg dishes, casseroles, and leftovers, too. When you make sure your food is fully cooked, you'll destroy any foodborne pathogens. Heat leftovers and casseroles to at least 165 degrees, and egg dishes to at least 160 degrees. The hard part is remembering to use it. You'll find more food safety tips at *HomeFoodSafety.org*.

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Osteoporosis
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Osteoporosis. Most of us don't know we have it 'til we break a bone. Fortunately, eating right keeps bones strong. To reduce *your* risk of osteoporosis, give yourself plenty of exercise *and* get plenty of calcium and vitamin D. Women are at greater risk. So are caucasians and Asians, those over 55, smokers or drinkers, or anyone with a family history of osteoporosis. Protect your bones. Let a registered dietitian nutritionist help you eat right for bone health. Find one near you at *EatRight.org*.

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EatRight Radio PSA – Live Read

Reduce Your Risk of Cancer with Healthy Nutrition
:30

Cancer is a frightening disease. But you can actually do something that will reduce your risk of developing cancer. Eat right! It's been proven that a healthy diet, a healthy lifestyle, and early detection can prevent nearly half of all cancer deaths. So choose a variety of proteins each week: seafood, lean meat, poultry, beans, and nuts. Fill half your plate with fruits and vegetables at every meal. Look for foods low in calories, fat, and sodium. And maintain a healthy weight. A registered dietitian nutritionist can help. Find one at *EatRight.org*.

(92 words)

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Eat Right to Boost Immunity
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You'll have fewer reasons to fret about getting sick if you keep your immune system healthy. How do you do that? Strengthen it by eating right. Make half the grains you eat whole grains by choosing whole grain bread, whole grain pasta, or brown rice. Start your day at breakfast with foods that are rich in calcium and vitamins C and D. During your day, vegetables are great for snacking. And when you feel the urge for something sweet, have some fruit. A registered dietitian nutritionist can help you eat right. Visit *EatRight.org*.

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EatRight Radio PSA – Live Read

Role Model Healthy Eating for Kids
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Children learn from role models. So show your kids how to eat right. Serve your family a variety of healthful foods at each meal. That way your kids will be able to discover healthy favorites. Be sure to respect your child's preferences for what they do and don't want to eat. To get your kids to try something new, have them help with making the meal. Children may be willing to eat a dish that's unfamiliar if they helped prepare it. For more ideas from registered dietitian nutritionists, visit *KidsEatRight.org*.

(90 words)