



# NEWS

ANTELOPE VALLEY'S  
HEALTHCARE  
NEWS RESOURCE

FOR IMMEDIATE RELEASE

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## ANTELOPE VALLEY HOSPITAL CELEBRATES NATIONAL NUTRITION MONTH

(LANCASTER, CA – March 10, 2010) — Each year, Antelope Valley Hospital celebrates National Nutrition Month (NNM) during March. The informational and educational campaign is sponsored by the American Dietetic Association and focuses on the importance of healthy eating habits and regular physical activity. The theme of this year's NNM is "*Nutrition From the Ground Up*," and the campaign emphasizes starting with the basics by focusing on fruits, vegetables, whole grains, beans, nuts, low-fat dairy, lean meats, fish and poultry.

"Small changes to your diet can add up to large benefits over time," says Jyothi Kakde, MS, MPH, RD, Clinical Nutrition Manager at AVH. "Instead of overhauling your diet, start small like adding an additional fruit to your breakfast meal. Over time, you may come to enjoy and even prefer fruits and vegetables over higher calorie alternatives."

Good nutrition habits help children develop and learn better, contribute to healthy pregnancies and lower the risk of many diseases including heart disease, diabetes and cancer. In addition to decreased risk of disease, good nutrition and regular exercise help reduce stress and increase energy for all age groups.

"Antelope Valley Hospital is committed to the health of our employees and their quality of life. Offering free nutritional information this month combined with going tobacco-free in 2009 demonstrate our commitment to the health of our employees as

### Good Nutrition Tips:

- 1) Eat smaller meals throughout the day
- 2) Make vegetables the largest serving on your plate
- 3) Drink water between meals
- 4) Reduce your intake of trans fats found in processed foods
- 5) Eat at least one serving of a fruit and vegetable at each meal

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well as the community," says Edward Mirzabegian, Antelope Valley Hospital Chief Executive Officer.

National Nutrition Month began as a week-long campaign in 1973 with the "Invest in Yourself – Buy Nutrition" theme. Within a few years the popularity of the observance grew so much that the House of Delegates called for an expansion to a month-long observance. Visit the American Dietetic Association's at [www.eatright.org](http://www.eatright.org) for more information and daily nutrition tips.

For more information about Antelope Valley Hospital, visit our website at [www.avhospital.org](http://www.avhospital.org)

**About Antelope Valley Hospital**

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit [www.avhospital.org](http://www.avhospital.org) or call 661-949-5000.

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