



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



MARCH 2022

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THIS MONTH'S TOPIC:

CELEBRATE DIVERSITY THROUGH FOOD



National Nutrition Month® is an annual campaign created by The Academy of Nutrition and Dietetics that is celebrated during March. This year's theme is to celebrate a world of flavors, embracing global cultures, cuisines, and inclusivity.

Food is an important part of culture and can provide a connection to a person's family or country. Food also feeds the soul. For example, our comfort foods often show who we are and where we come from since they are rooted in tradition. Every single culture and religion uses food as part of their celebrations because food brings people together. Sharing meals, exchanging recipes, and posting photos of food are all different ways that food brings people together.

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Disabilities
accommodated
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***Be adventurous and try something new!
It's a great way to add more nutrition and variety to your diet.***



Around the world, the core elements that make up a healthy dietary pattern include the same things we see on the USDA's MyPlate plan.

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Food operates as an expression of cultural identity. Immigrants bring the food of their countries with them and cook traditional food as a way to preserve their culture. Different cultures tend to use ingredients including fruits, vegetables, herbs, spices, and preparation techniques that might be new to us. Trying foods you aren't familiar with from other cultures can be a way to respectfully learn, experience, and celebrate different traditions.

Around the world, the core elements that make up a healthy dietary pattern include the same things we see on the USDA's MyPlate plan:

- Vegetables of all types — dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils;

- and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

There is no one-size-fits-all approach to nutrition and health. You can tailor the dietary guidelines to meet your personal, cultural, and traditional preferences. We are all unique with different backgrounds and tastes. Be adventurous this month and try something new! It's a great way to add more nutrition and variety to your diet.

RESOURCES:

- <https://www.eatrightpro.org/media/press-releases/national-nutrition-month/celebrate-a-world-of-flavors-during-national-nutrition-month-2022>
- <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3631/FCS3631.pdf>
- https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_ExecutiveSummary_English.pdf

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