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**FOR IMMEDIATE RELEASE**

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**March is National Nutrition Month:  
An Opportunity to Savor the Flavor of Eating Right**

BREWSTER, NY—With the fast pace of life these days, many of us do not take time to fully enjoy our meals and the sensory pleasures food provides. This year's theme for National Nutrition Month, celebrated every March, is "Savor the Flavor of Eating Right." The goal is to encourage individuals to take a closer look at their eating habits, to slow down and savor the flavor of foods, and enjoy the experience of eating with family and friends. Noticing how, when, why and where we eat is as important as the food choices we make when it comes to healthy eating.

"Food doesn't just nourish the body, it should also be an enjoyable social experience," says Michael Nesheiwat, M.D., Interim Commissioner of Health. "The Putnam County Department of Health supports this philosophy with the annual Eat Smart Restaurant Week initiative, a two-week event during which participating local eateries showcase menu items that are delicious and healthy."

The Department of Health is joining the Academy of Nutrition and Dietetics in offering the following tips to help you savor the flavor of eating right:

- When preparing to eat a meal, clear your mind of other thoughts. Focus on the pleasures of the food you are about to eat. Eat one bite at a time and notice the aromas, flavors, and textures on your plate.
- Stop and take time between bites. Putting your fork and spoon down can help. Eating slowly allows you to get more pleasure from your food. It can also help you eat less, by giving your stomach the time to send a message to your brain when it is full.

- Experiment with herbs and spices to discover exciting new tastes and flavors. These flavor enhancers may reduce the need for sodium and fat, thereby improving the nutrient content of a dish.
- Enjoy food traditions and social experiences by sharing a meal with family and friends, offering favorite foods but also experimenting with new dishes.

For additional suggestions and recipes to “savor the flavor,” visit the Academy of Nutrition and Dietetics website [www.eatright.org](http://www.eatright.org) .

The Health Department’s mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at [www.putnamcountyny.com/health](http://www.putnamcountyny.com/health) or visit the social media sites on Facebook at [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth), [www.facebook.com/RunWalkPutnam](http://www.facebook.com/RunWalkPutnam), [www.instagram.com/PutnamHealthNY](http://www.instagram.com/PutnamHealthNY) and Twitter @PutnamHealthNY.

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