



## About the Author:

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## Celebrate a World of Flavors

Every year during March the Academy of Nutrition and Dietetics (AND) celebrates National Nutrition Month®. This year the theme is “Celebrate a World of Flavors.” The theme is meant to inspire us to try new foods and flavors from cultures around the world to nourish ourselves and be grateful for our diversity. The theme encourages us to embrace our different bodies, goals, backgrounds and tastes.

The National Nutrition Month® theme aligns with one of the goals from the Dietary Guidelines for Americans 2020-2025, a set of nutrition guidelines from the USDA to promote health and prevent disease. The Dietary Guideline goal that aligns with the National Nutrition Month theme encourages people to choose a variety of options from each food group. The goal is to meet nutrition needs while also being flexible so that the Dietary Guidelines can meet both cultural and personal likings. Variety is important, and a great way to get more variety in your diet is to try new foods- from any culture!

This might leave readers with the question: why are we being told to eat a variety of different foods? Let’s dive into that! Say someone eats the same thing every day. What if the foods this person is eating every day are missing nutrients the body needs, like calcium? If calcium isn’t added into the person’s diet because they don’t eat any new or different foods, then calcium would be missing from their diet every day. Calcium is an important nutrient for bone health, and over time not consuming enough calcium could put them at risk for bone diseases as well as muscle cramps and even mental health issues. This example could be true for many different vitamins and minerals the body needs, along with different side effects or symptoms based on whatever nutrient is missing. Eating a variety of foods or speaking to a Registered Dietitian Nutritionist can help prevent those nutrition gaps. Finding a nutrition expert to help reach health or wellness goals is easy! Visit [eatright.org/find-a-nutrition-expert](http://eatright.org/find-a-nutrition-expert) or call the local WIC program.

The Clermont County WIC program is celebrating National Nutrition Month® by supporting healthy cooking at home with recipes from other cultures. Many of the WIC foods can be a part of these healthy recipes. Some examples of WIC foods that could be used in recipes include whole wheat tortillas, black beans, tomatoes and cheese for making Mexican quesadillas or brown rice, assorted veggies and eggs could be used to make an Asian stir-fry dish. Our clinic will be giving out cutting boards, measuring cups/spoons and cultural recipes to WIC families all month. We are also holding a raffle for a cooking gift basket for WIC participants who send in pictures of their meals from different cultures. How will you celebrate National Nutrition Month?

For more information about the Clermont County WIC program visit [ccphohio.org/wic/](http://ccphohio.org/wic/). To schedule a WIC appointment call 513-732-7329 or text “CCWAPPT” to 85511.