

WAYS TO CELEBRATE NUTRITION MONTH

by:

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The Department of Health (DOH) decided to remain with this activity in order to promote "strengthened nutrition interventions" and collaboration for nutritional development under COVID-19. One of the key objectives of nutrition month this year is healthy resilience. The DOH also wants to stress the importance of nutritional recovery. From the NNC's inception, the whole month of July has been set aside to honor nutrition. The NNC has several themes to focus on during this event, depending on the barriers to nutrition in the country. Schools and businesses are highly invited to take part in the event to raise nutritional awareness. A campaign called Nutrition Month is run each year in July to increase Filipinos' understanding of the importance of healthy eating.

The United Nations' Food and Agriculture Organization (FAO) defines a healthy diet as one that includes the following: a. covers a wide range of dietary items from various food groups; b. satisfies each person's calorie and nutrient demands; c. is risk-free, posing no danger from chemicals, germs, mold, or poisons; d. is pleasing and socially appropriate; and e. is accessible and sufficient every day of the year. A healthy diet has a wide range of advantages, including favorable effects on nutrition, general health, the economy, and the environment.

According to the World Health Organization (WHO) a healthy diet stresses regular consumption of vegetables, fruits, whole grains, root crops, fat-free or low-fat milk, lean meats, poultry, fish, eggs, beans, and nuts. Moreover, it has a low salt, cholesterol, trans fat, saturated fat, and added sugar content. In addition to eating wholesome foods, exercise is essential for maintaining a healthy body. 30 minutes a day of exercise can help

you lose weight and gain muscle. The habits of drinking enough water and getting enough sleep might help your body stay healthy.

The importance of eating a balanced diet that provides all the energy and nutrients required for daily activities, growth, and health maintenance is emphasized during Nutrition Month in the Philippines. Additionally, it advocates for legislation that will make it simpler for people to consume healthy foods. I emphasize the need for a sufficient supply of safe drinking water to stop dehydration. Vulnerable populations like children, pregnant and lactating women, and the elderly should receive special attention to prevent vitamin deficiencies. The DOH is a staunch supporter of the well-being and diet of all Filipinos.

It is vital that increasing everyone's level of health understanding is the main objective of Nutrition Month.

National Nutrition Month Council; National Nutrition Month Celebration, Retrieved on March 3, 2023; <https://www.daysoftheyear.com/days/nutrition-month/>

Department of Health, Importance of Nutrition Month, Retrieved on February 7, 2023, <https://doh.gov.ph/node/10405>.