



GRENADA FOOD AND NUTRITION COUNCIL

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ATTENTION MEDIA HOUSES

National Nutrition Week 2017 "Preserve Your Health, Not your Food."

Healthy local alternatives and substitutes to excess sodium, sugar and fat in the diet is the focus of National Nutrition Week 2017. The Grenada Food and Nutrition Council spearheads activities from May 29th to June 2nd geared at public awareness on the dangers of heavily processed foods. Throughout the week, there will be cooking demonstrations in local media on salt, sugar and fat substitutes in the diet and media appearances by nutritionists and health officials. On June 1st, observed as Nutrition Day, the GFNC will be at MNIB Young Street where the public will be given a taste of local alternatives to processed foods. Thursday June 1st has been dubbed "Try Real Foods Thursday" and people are encouraged to eat as close to natural as possible; limiting their consumption of heavily processed foods on that day. GFNC's Nutrition Officers will also present on how to read and understand food labels at clinics throughout the week.

Executive Secretary of the Grenada Food and Nutrition Council, Mrs. Lydia Browne says chronic non-communicable diseases like diabetes, obesity and hypertension are on the rise and excess sodium, sugar and fat in the diet are main contributors. Browne says it's in this light, the GFNC decided to focus on limiting heavily processed foods for this year's observance.

Nutrition Week is held under the theme "Preserve Your Health, Not your Food."

Regards

Ms. Lishelle Murray
Communications Officer, GFNC