

ECHO (Enhancing Collaborative Health Options & Opportunities) through **HOPE** (Hope and Healing Opportunities with Proactive & Preventive Education)



Black Maternal Health Week, April 11-17

MESSAGE FROM MZCD STAFF



Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.

Dietary Guidelines



Eat the Right Amount for You

The calories you need depend on your age, sex, height, weight, and level of physical activity.

Pay attention to portion sizes, particularly for foods and beverages higher in calories.

Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

Prioritize Protein at Every Meal

Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.

Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.

Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.

Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.

Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.

Consume Dairy

When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.

Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

Mount Zion Community Development, Inc.'s 29th Year Celebration & Fundraising Event



Join us on Saturday, May 23, 2026 at 3 p.m.

Admission is free, thanks to the generous support of our sponsors. Guests will enjoy a meal catered by Big J's Bubba-Q. While attendance is complimentary, voluntary contributions and donations to support the Project NAF and Project EMPOWER programs are welcome.

The event takes place at Tried Stone Missionary Baptist Church, 100 Carroll Avenue in Asheville.

Mount Zion Community Development, Inc. was founded under the visionary leadership of Dr. John H. Grant, Pastor/President of Mt. Zion Missionary Baptist Church of Asheville, Inc. in 1997.

Governor Josh Stein Proclaims April as Child Abuse Prevention Month

NCDHHS and Positive Childhood Alliance NC Promote Safe Environments Where Children Can Thrive

Be the Source of Better Health
National Minority Health Month

Through evidence-based resources, practical tools, and targeted information, Health & Human Services Office of Minority Health (HHS OMH) is supporting prevention efforts that help families live longer, healthier lives and support the administration's mission to Make America Healthy Again.

HHS OMH is prioritizing disease prevention and measurable health outcomes to enhance the well-being of racial and ethnic minorities and American Indian/Alaska Natives, and support better health for all Americans. More information and resources, such as the updated Dietary Guidelines for Americans, related to each observance are added to the HHS OMH website throughout the year.

Dietary Guidelines for Americans, 2025-2030

These guidelines mark the most significant reset of federal nutrition policy in our nation's history.

The message is simple: eat real food. To make America healthy, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains.

Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

The United States is in the midst of a

health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.

Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle. The consequences have been devastating. More than 70% of American adults are overweight or obese.

Nearly one-in-three American adolescents between the ages of 12 and 17 has prediabetes.

Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention. This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength. This is the foundation that will make Make America Healthy Again.

Source: OMH

Did You Know? GUT HEALTH

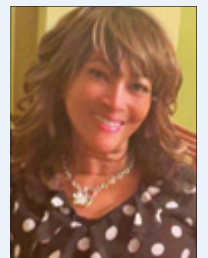
Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.

Source: USDA

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



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Project Empower

Education Means Power – in collaboration with community partners to impact the opioid crisis.



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