

## March is National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to focus on the importance of making informed food choices, developing sound eating and physical activity habits. The theme for this year is: “Eat Right, Bite by Bite”.



Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.

The 2020 Weekly Key Messaging is:

**VARY YOUR DIET: EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY.**

- Include healthful foods from all the food groups
- Hydrate healthfully
- Learn how to read nutrition fact panels
- Practice portion control
- Take time to enjoy your food

**MEAL PLANNING: ENJOY HEALTHFUL EATING AT SCHOOL, WORK & HOME.**

- Use a grocery list to shop for healthful foods
- Be menu savvy when dining out
- Choose healthful recipes to make during the week
- Enjoy healthful eating at school and at work
- Plan healthful eating while traveling

**COOK & PREP: LEARN SKILLS TO CREATE TASTY MEALS TO SHARE AND ENJOY.**

- Keep healthful ingredients on hand
- Practice proper home food safety
- Share meal together as a family when possible

- Reduce food waste.
- Try new and flavors and foods.

VISIT AN RDN: SEE A REGISTERED DIETITIAN NUTRITIONIST

- Ask your doctor for a referral to an RDN
- Receive personalized nutrition advise to meet your goals.
- Meet RDNs in a variety of settings throughout the community.
- Find an RDN who is specialized to serve your unique needs.
- Thrive through the transformative power of food and nutrition.

For more healthy tips sheets, games, activities and other resources visit the campaign Toolkit at: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>