

HEALTHYAGINGGROUP

National Nutrition Month : **March 2021**



South Carolina
**DEPARTMENT
ON AGING**

MARCH IS NATIONAL NUTRITION MONTH®



Celebrate nutrition all month long! The National Nutrition Month® campaign was created by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) as a way to encourage all individuals to learn about making healthy food choices and to assist with developing physical activity habits. Every year, since 1973, the campaign focuses on a specific nutrition theme. For 2021, the theme is **Personalize Your Plate**; There is no one-size fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

WEEK 1: Eat a variety of nutritious foods every day!

- ◆ Include healthful food from all food groups
- ◆ Hydrate Healthfully
- ◆ Learn how to read Nutrition Facts Panels
- ◆ Avoid distractions while eating
- ◆ Take time to enjoy your food

WEEK 2: Plan your meals each week

- ◆ 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 work
- ◆ Plan healthful eating while traveling

WEEK 3: Learn skills to create tasty meals

- ◆ Keep healthful ingredients on hand
- ◆ Practice proper home food safety
- ◆ Share meals together as a family when possible
- ◆ Reduce food waste
- ◆ Try new flavors and foods

WEEK 4: Consult with a Registered Dietitian Nutritionist

- ◆ Ask your doctor for a referral to an RDN
- ◆ Receive personalized nutrition advice 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

CHECKOUT THESE TIP SHEETS:

- ◆ [Eat Right with MyPlate](#)
- ◆ [20 Ways to Enjoy More Fruits and Vegetables](#)
- ◆ [Eating Right for a Healthy Weight](#)
- ◆ [Eating Right on a Budget](#)
- ◆ [Eating Right and Reduce Food Waste](#)
- ◆ [Get the Facts on Food Labels](#)
- ◆ [Eating Right for Older Adults](#)
- ◆ [Healthy Eating on the Run: A Month of Tips](#)
- ◆ [Eating Right with Less Salt](#)
- ◆ [Eating Right with Less Added Sugars](#)
- ◆ [Healthy Eating Tips for Vegetarians](#)
- ◆ [Personalizing Your Plate: Chinese](#)
- ◆ [Personalizing Your Plate: Latin American](#)
- ◆ [Smart Tips for Personalizing Your Plate](#)
- ◆ [Smart Tips for Reading Menus](#)
- ◆ [Smart Tips for Successful Meals](#)
- ◆ [Smart Ways to Make Physical Activity Part of your Day](#)



Wednesday, March 10 is Registered Dietitian Nutritionist Day. Don't forget to celebrate the dietitians in your region!