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

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