

March is National Nutrition Month

National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Eat a variety of nutritious foods every day.



- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Practice portion control.
- Take time to enjoy your food.

EAT RIGHT
BITE BY BITE



National Nutrition Month[®]
March 2020

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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 school and at work.
- Plan healthful eating while traveling.

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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.

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