BE WELL | THE YEAR OF YOU

March is National Nutrition Month

March is National Nutrition Month, a month to learn about making smart food choices and building healthy eating habits. Food is important for staying healthy. Food gives the body the nutrients, vitamins and minerals it needs to work well. A well-balanced diet supports physical health, boosts energy levels and helps prevent chronic diseases, such as heart disease, diabetes and certain cancers. Here are some tips for improving your nutrition:

1. **Eat breakfast.** Start your day with a healthy breakfast that includes lean proteins, whole grains, fruits and vegetables to give yourself energy for the rest of the day.
2. **Make half your plate fruits and vegetables.** Fruits and vegetables not only add color, flavor and texture to your plate, but they also add vitamins, minerals and dietary fiber.
3. **Watch your portion sizes.** Use measuring cups to properly measure your portion sizes of foods. The amount of food you eat is an important part of nutrition.
4. **Understand food labels.** Reading the Nutrition Facts of a given food can help you better understand what you're eating and ensure you meet your nutritional needs.
5. **Drink more water.** Staying hydrated is an important part of a healthy, balanced diet.
6. **Fix healthy snacks.** Healthy snacks can help you meet your nutrient needs while sustaining your energy levels between meals.
7. **Get cooking.** Preparing food at home is often the healthier and more cost-effective choice.
8. **Reduce added sugar.** Foods and drinks with lots of added sugars have little or no nutrient value and do little to improve your energy.
9. **Make smart decisions when eating out.** It is possible to eat out and stick to your nutrition goals! Plan, ask questions and choose what you order carefully.
10. **Slow down at mealtime.** Instead of eating fast or on the run, try sitting down and taking your time to eat. This can have a positive impact on your food intake.

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Learn more: eatright.org/national-nutrition-month/resources

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