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National Nutrition Month® 2020

March is National Nutrition Month®. This year, the Academy of Nutrition and Dietetics encourages everyone to “Eat Right, Bite by Bite.”

Nutrition doesn’t have to be overwhelming. Small changes can have a cumulative effect!

Some ways to get started include eating a variety of nutritious foods every day, planning your meals each week, creating tasty meals at home and consulting a registered dietitian nutritionist.

To learn more, visit eatright.org and follow hashtag National Nutrition Month.

A Public Service Message from the Academy of Nutrition and Dietetics