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National Nutrition Month® 2020

Contrary to popular belief, healthful eating doesn't have to be overwhelming!

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

Small goals can have a cumulative, healthful effect. Every little bit of nutrition is a step in the right direction!

Some simple ways to get started include planning nutritious, tasty meals in advance and learning how to prepare them at home.

Eat a variety of nutritious foods from all of the food groups and take time to read Nutrition Facts Labels. For personalized nutrition advice, consult a registered dietitian nutritionist in your area.

For more nutrition tips, visit the Academy of Nutrition and Dietetics at eatright.org and follow hashtag National Nutrition Month throughout March.

A Public Service Message from the Academy of Nutrition and Dietetics