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 and changes can have a cumulative, healthful effect. Every little bit is a step in the right direction!

Start by eating a variety of nutritious foods every day, from all of the food groups. Take time to read Nutrition Facts labels, too.

Plan your meals each week. Shop for healthful foods at the grocery store and be menu-savvy when dining out or traveling.

You can prepare tasty, nutritious meals at home and get your entire family involved in the kitchen! Try new foods and flavors, find ways to reduce food waste and always practice proper home food safety.

You can get personalized nutrition advice to help set and achieve your goals. Consult a registered dietitian nutritionist in your area. To learn more, 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*