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ACADEMY OF NUTRITION AND DIETETICS: CELEBRATE A WORLD OF FLAVORS DURING NATIONAL NUTRITION MONTH® 2022

CHICAGO – In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through [National Nutrition Month®](#). This year's theme, *Celebrate a World of Flavors*, embraces global cultures, cuisines and inclusivity, plus highlights the expertise of registered dietitian nutritionists.

“The theme *Celebrate a World of Flavors* gives every culture a place at the table,” said registered dietitian nutritionist Libby Mills, a national spokesperson for the Academy in Philadelphia, Pa. “Celebrating the cultural heritage, traditions and recipes from all people is a tasty way to nourish ourselves, learn about one another and find appreciation in our diversity.”

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of RDNs – *the* food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

“*Celebrate a World of Flavors* highlights the unique, cultural variety of foods available to people from around the world and the role that registered dietitian nutritionist play in helping clients create healthy habits while celebrating their cultural foods and heritage,” said registered dietitian nutritionist Rahaf Al Bochi, a national spokesperson for the Academy in Baltimore, Md.

RDNs help clients fine-tune traditional recipes, provide alternative cooking methods and other healthful advice for incorporating family-favorite foods into everyday meals.

About National Nutrition Month®

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition.

The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.

As part of National Nutrition Month®, the [Academy's website hosts resources](#) to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including [Facebook](#) and [Twitter](#) using #NationalNutritionMonth.

To find an RDN near you, visit the Academy's [“Find a Nutrition Expert.”](#)

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Representing more than 112,000 credentialed nutrition and dietetics practitioners, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at www.eatright.org.