

March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the **Academy of Nutrition and Dietetics**. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMbMmwWS0>



March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the **Academy of Nutrition and Dietetics**. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

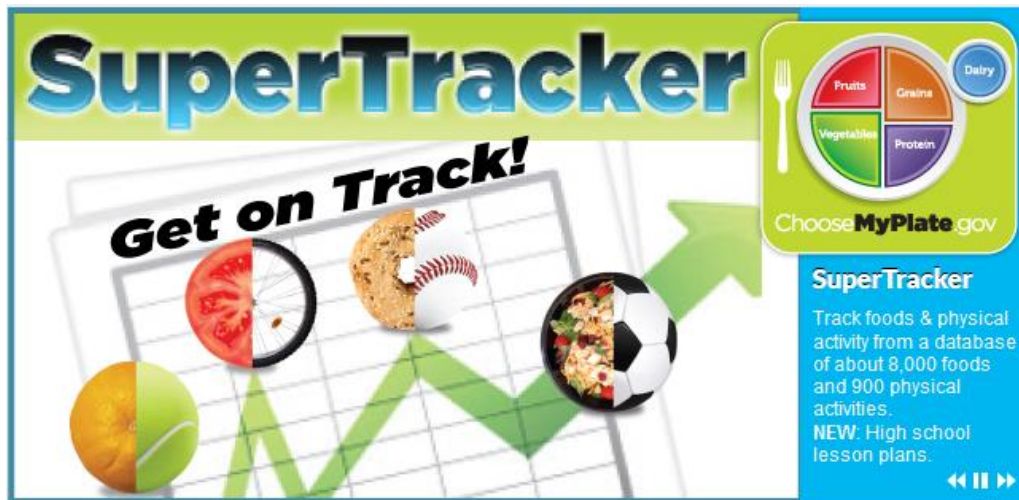
For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMBMmwWS0>



March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the **Academy of Nutrition and Dietetics**. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMbMmwWSo>



March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the **Academy of Nutrition and Dietetics**. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMbMmwWSo>



March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

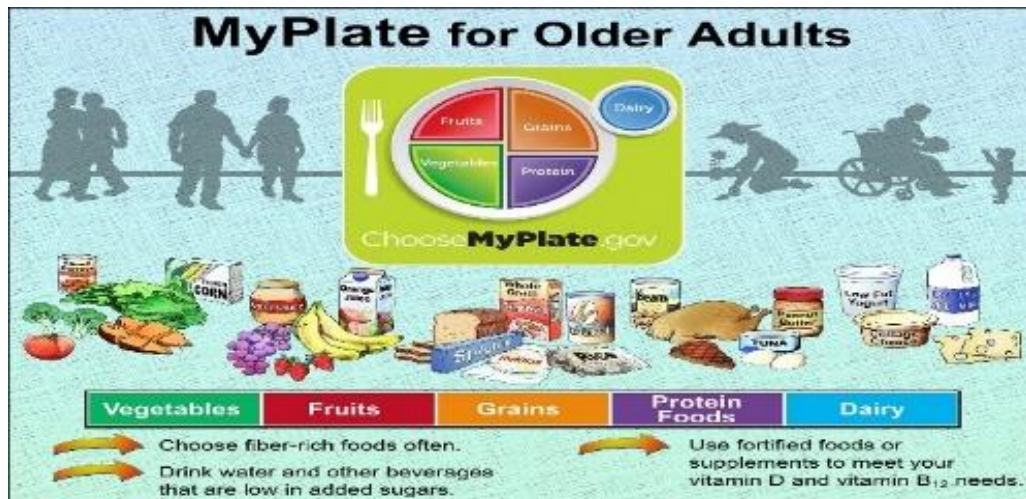
For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMbMmwWSo>



March is National Nutrition Month



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the **Academy of Nutrition and Dietetics**. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Healthy eating is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits, and whole-grain products
- Eat lean meats, poultry, fish, beans, and low-fat dairy products
- Drink lots of water
- Limit salt, sugar, alcohol, saturated fat, and trans fat in your diet



Centers for Disease Control and Prevention



Healthy Food Choices Exist for Everyone!!

For more information visit the Nutrition Health Topic page on MedlinePlus: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choose My Plate: <http://www.choosemyplate.gov/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/nnm/#.VGFMbMmwWSo>

