

MARCH 2025

# NATIONAL NUTRITION MONTH



## FUEL YOUR BODY RIGHT!

March is National Nutrition Month, an annual campaign to promote the importance of healthy eating and active living. This observance encourages people of all ages to make better choices on their food selections in order to develop healthy eating and physical activity habits. Nutrition affects everyone, we are what we eat. It impacts our overall health, energy levels, and risk for chronic diseases like obesity, diabetes, and heart disease.

To improve health and well-being, it's important to maintain a balanced diet that includes a variety of nutrient-rich foods. The MyPlate recommendations suggest filling half of your plate with fruits and vegetables, one-quarter with lean protein, and one-quarter with whole grains (MyPlate, 2025). It's also important to incorporate regular physical activity, to support healthy digestion and maintain healthy weight. Let's use National Nutrition Month as an opportunity to start making better food choices and staying active, leading to a healthier future for ourselves and our communities.



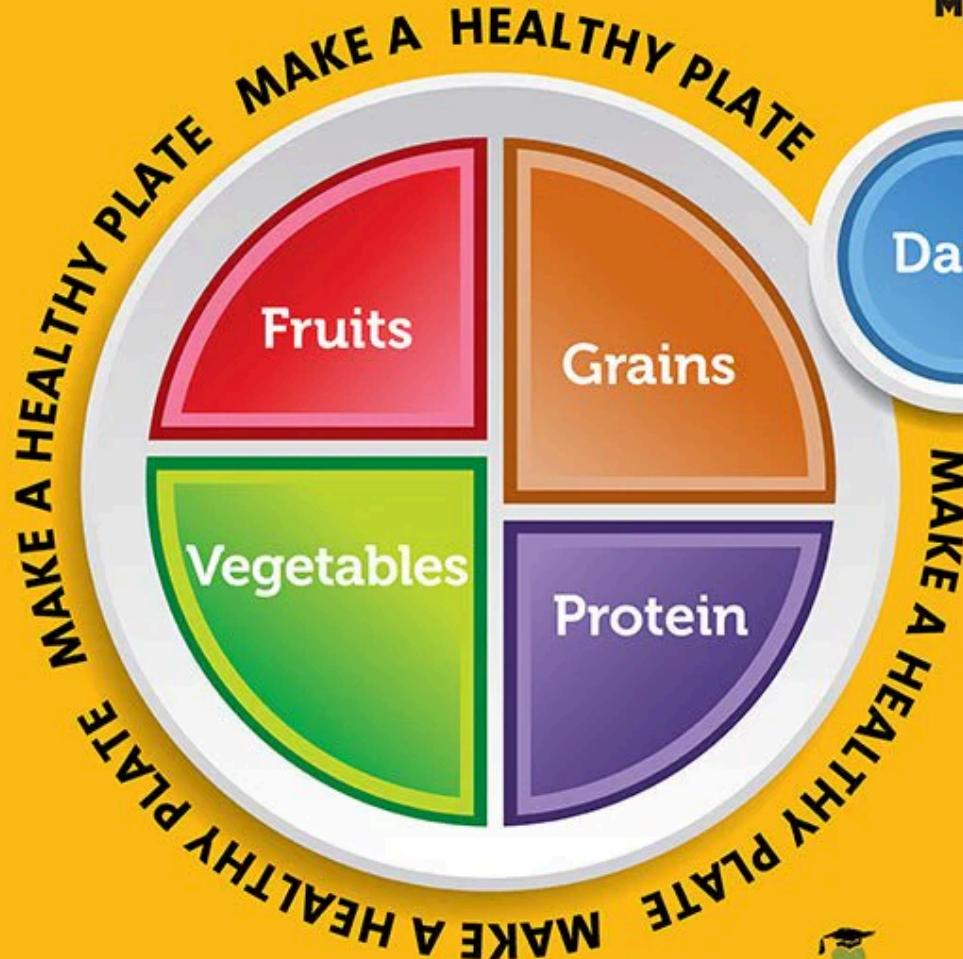
### LEARNING RESOURCES

ACADEMY OF  
NUTRITION & DIETETICS



MYPLATE





## Vegetables

Vary your veggies.  
Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



## Fruits

Focus on fruits.  
Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



## Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



## Protein

Go lean with protein.  
Keep portion to 1/4 of the plate.  
Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



## Dairy

Get your calcium-rich foods.  
Remember to choose skim milk or 1% milk.  
Try nonfat yogurt.  
Keep choices low in fat, sodium and sugar.

