March is National Nutrition Month!

March 7, 2013

National Nutrition Month is sponsored annually by the Academy of Nutrition and Dietetics, the world’s largest group of food and nutrition professionals. National Nutrition Month was created to raise awareness about the importance of healthy eating and staying physically fit. The theme of this year’s campaign is “Eat Right, Your Way, Every Day.” The Academy of Nutrition and Dietetics recognizes the importance of acknowledging personal preferences, ethnic and cultural diversity, and lifestyle and health concerns in crafting your healthy eating plan.

Paying attention to your nutrition is important at every age. But as we get older, we need to pay even more careful attention to the foods we eat. The type of nutrition our bodies need and even the number of calories we should have change a great deal as we age. To understand the best way to eat to take care of your body, visit the Academy of Nutrition and Dietetics website by clicking here.

With tips on how to finally make the switch to whole grains, ways to “Rethink Your Drink,” and create a smarter snack, the Academy of Nutrition and Dietetics provides the information you need to create a healthy lifestyle that fits your life.