National Nutrition Month

March is National Nutrition Month, a time to increase awareness about the importance of good nutrition in maintaining your health. One should never underestimate the importance of eating healthy food. The way we look, feel, and perform every day is related to our diet. Making healthy food and drink choices, improving eating habits and incorporating more physical activity into your lifestyle can help prevent many chronic diseases such as diabetes, heart disease, and cancer. The benefits of eating a healthy diet includes living a longer life, gaining vitality, weight loss, and a healthy appearance. The foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system. There are six major nutrients water, carbohydrates, protein, fat, vitamins, and minerals. Each plays a unique and important role in how our bodies function.

Healthy Tips and Ideas

- Eat Breakfast
- Make Half Your Plate Fruits and Vegetables
- Watch Portion Sizes
- Be Active
- Get to Know Food Labels
- Fix Healthy Snacks
- Drink More Water
- Prepare Foods at Home
- Slow Down at Mealtime
- Reduce Added Sugars
- Eat Seafood Twice a Week

Plan weekly meals ahead of time by writing out the ingredients you'll need for each meal. This will help you meet all five food groups and can double as a grocery list for easy shopping.

Physical activity has numerous health benefits your body needs. If you're not one to exercise, just start with 10 minutes each day.

There's a Difference Between a Snack and a Treat. Choosing a healthy snack is crucial to keeping you full and nourished longer

Practice Mindful Eating. Listening to your body when you are hungry is super important. It's also important to stop eating when your body is full.

Nutrition is a critical part of health and development. Make a change today.

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