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National Nutrition Month® 2019

A Public Service Message from the Academy of Nutrition and Dietetics

Whether you're preparing a meal at home or dining out, the foods you choose can make a real difference.

March is National Nutrition Month®, a time to learn more about the transformative power of food and nutrition. The Academy of Nutrition and Dietetics encourages you to develop sound eating and physical activity habits all year long.

Always make food safety part of your everyday routine. Reduce food waste by eating what you have on hand before buying more at the store. Be sure your meals incorporate all the major food groups.

To learn more about healthful eating and making smart lifestyle choices, locate a registered dietitian nutritionist in your area by visiting eatright.org and follow the hashtag National Nutrition Month®.