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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.

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 and keep an eye on portion sizes. Eat and drink the amount that's right for you by following the recommendations of MyPlate.

And consult a registered dietitian nutritionist for help in developing a personalized nutrition plan that works best for you and your family. An RDN will provide sound, easy-to-follow advice to meet your lifestyle, preferences and health needs.

To find a registered dietitian nutritionist in your area and to learn more about healthful eating, visit eatright.org and follow the hashtag National Nutrition Month®.