



Nutrition Education

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.

Goals for Good Nutrition

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect. Every little bit (or bite!) of nutrition is a step in the right direction.

Simple Steps for a Healthful Lifestyle

Eat a variety of nutritious foods every day

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Practice portion control.

Plan your meals each week

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful recipes to make during the week.

Learn skills to create tasty meals

- Keep healthful ingredients on hand.
- Practice proper home food safety.
- Try new flavors and foods.

Consult a Registered Dietitian Nutritionist (RDN)

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition advice to meet your goals.
- Thrive through the transformative power of food and nutrition.

Information obtained from:
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March 2020

