



MARCH 2023

Is National Nutrition Month

The latest dietary guidelines for Americans emphasize balance; it's not all or nothing. As such, eating right doesn't need to be complicated. Healthy eating starts with nutritional food choices, which include plenty of fruits, vegetables, whole grains, protein and dairy. A balanced diet also leaves room for personal preferences.

March is National Nutrition Month. This is a good time to assess your eating habits while educating yourself about the best ways to fuel your body. It comes down to making informed food choices and developing healthy eating and physical activity habits that are sustainable.

Contact us for more information about nutrition and healthy recipes.