



# MARCH

National Nutrition Month

## 13 Health Tips to Feel Your Best

Focus on these tips from Kids Eat Right to take care of your body and make the healthy choice the easy choice starting in March!

- 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
- Enact Family Meal Time
- Reduce Added Sugars
- Eat Seafood Twice a Week
- Make an Effort to Reduce Food Waste
- Slowdown at meal time
- Experiment with plant-based meals



## Celebrate National Nutrition Month!

During National Nutrition Month in March, highlight the importance of nutrition, physical activity, and drinking water with resources from the Academy of Nutrition and Dietetics! They have everything you need from activity and tips sheets to presentations to teach kids the power of nutrition!

