

# March is National Nutrition Month

## Eat a variety of nutritious foods every day!

- Include healthful foods from all food groups
  - Hydrate healthfully
- Learn how to read Nutrition Facts Panels
  - Practice portion control
  - Take time to enjoy your food

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics