



National Nutrition Month

During busy and challenging times in our lives, it can be easy to overlook your daily food consumption. Over time, daily food choices can impact your physical health, mental well-being, how you feel, and performance at work and school.

There are many small changes you can make to boost your physical and mental health through daily food choices.

March is National Nutrition Month and the theme is Beyond the Table. Let's make healthy choices now to maintain good health for a lifetime!

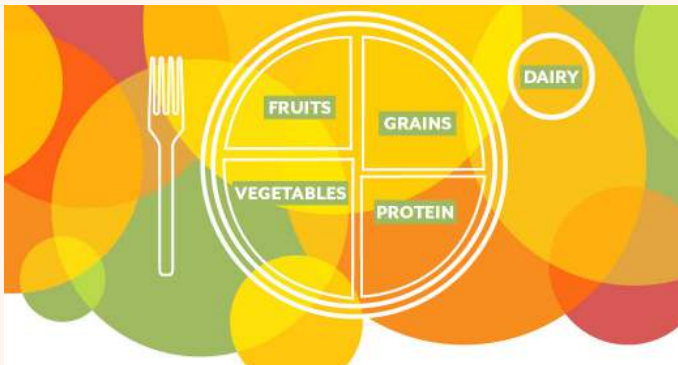
National Nutrition Month symbolizes the country's commitment to healthy living. It is a comprehensive effort to educate, engage, and empower individuals and communities to make informed choices about their diet. National Nutrition Month continues to be an essential awareness campaign to promote healthy, happy living.



TIPS FOR HEALTHY EATING

Here are actionable tips for adopting healthier eating habits:

1. Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.
2. Assess your portion sizes to avoid overeating.
3. Consider using smaller plates and bowls to help manage your portions effectively.
4. Drink adequate amounts of water throughout the day to maintain proper bodily functions and prevent dehydration.
5. Decrease your intake of processed and ultra-processed foods that are often high in added sugars, unhealthy fats, and sodium.
6. Practice mindful eating by savoring each bite, eating slowly, and paying attention to hunger and fullness cues.



BUILDING A BALANCED PLATE

Creating a balanced plate ensures you are providing the right mix of nutrients your body needs to thrive. Use the following guidelines to create nutritious and satisfying meals:

- Fill half of your plate with vegetables and fruits.
- Include a source of lean protein such as chicken, fish, beans, lentils, or tofu.
- Choose whole grains such as brown rice, quinoa, whole wheat bread, or oats.
- Include sources of healthy fats like avocados, nuts, seeds, and olive oil.



BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH

Stay tuned for National Nutrition Month's upcoming events including weekly quizzes, random prize drawing, and a lobby event in the Anchorage Native Primary Care Center.

Southcentral Foundation registered dietitians are happy to help you achieve your health goals and are qualified to provide medical nutrition therapy. To schedule an appointment with a registered dietitian, please reach out to your primary care team.