

# National Nutrition Month

Every March is National Nutrition Month. This month's focus is on making informed food choices, and developing sound eating and physical activity habits.

## How can you start eating healthier?

- Include a variety of foods from all food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes. Eat and drink the amount that's right for you, as [MyPlate](#) encourages.
- Consult nutrition experts. Registered Dietitian Nutritionists can provide easy-to-follow personalized advice to meet your lifestyle, preferences and health-related needs.

## How can your office celebrate National Nutrition Month?

- **Create a "nutrition question of the day" contest. Send it by email or post it on a display.** Draw the name of a daily winner from those who give the right answer.
- **Organize a "healthy recipe" contest.** Have the judges be VIPs from your office.
- **Organize a healthy potluck.** Make sure each food group is represented.
- **Host a lunch and learn on healthy eating.** Reach out to your Regional Wellness Coordinator for assistance.
- **Conduct a taste test of healthier versions of foods or recipes at your office.**



*Eating well is a  
form of  
self-respect.*

Follow us on social media!



## Healthy Eating in Action

Show us your healthier eating in action by sending your photo(s) to [wfht.tn@tn.gov](mailto:wfht.tn@tn.gov) or to your Regional Wellness Coordinator.

To help your department's Wellness Council earn wellness points this quarter, please be sure to include your department's name in your email.