

QUICK TIPS TO NOURISH YOUR BODY:

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March is National Nutrition Month®

The weekly themes for Nutrition Month include Week 1- Eat with the environment in mind, Week 2- See a Registered Dietician Nutritionist, Week 3- Stay nourished and save money, Week 4- Eat a variety of foods from all food groups, and Week 5- Make tasty foods from home.

A great resource to help you discover what nutrition may look like for you is the [MyPlate Plan](#). The MyPlate Plan shows your food group targets based on your age, sex, height, weight, and physical activity level.

