

## FORWARD CORNER

### March is National Nutrition Month

FORWARD DuPage is pleased to join the Academy of Nutrition and Dietetics in celebrating March as National Nutrition Month. This annual education and information campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month 2020 is Eat Right, Bite by Bite. Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative effect and small bits (or bites) of nutrition is a step in the right direction.



The Academy suggests you eat a variety of nutritious foods every day.

- Include healthful foods from all food groups.
- Hydrate healthfully (i.e., drink water to quench your thirst).
- Learn how to read nutrition labels.
- Practice portion control.
- Take time to enjoy your food.

The Academy also suggests that you make sure your weight management plan is right for you and your family. For example, does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?

FORWARD recommends these tip sheets to share with families:

[Eating Right for a Healthy Weight](#)  
[Comer Bien Para un Peso Saludable](#)

For more information from the Academy of Nutrition and Dietetics, [click here](#).

#### JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

**March Call to Action for Families:** Become familiar with nutrition labels watching for added sugar, fats and sodium. Be sure to notice portion size and the daily recommended value/allowance.

**March Call to Action for Early Childhood Providers:** Use the month to be more intentional in your conversations with children during lunch, discussing the benefits of healthy eating, eating a variety of healthful foods from all food groups and portion sizes based on my plate.

For information on healthy eating and activity initiatives in DuPage, check out [www.forwarddupage.org](http://www.forwarddupage.org).