

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 2021 is *Personalize Your Plate*.



There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! In personalizing your plate, the Academy recommends these three principles, along with visiting a registered dietician nutritionist if you need help.

- **Cook and Prepare:** Learn skills to create tasty meals to share and enjoy. Keep healthful ingredients on hand, try new flavors and foods, challenge yourself with new recipes.
- **Meal Planning:** Enjoy healthful eating at school, work and home. Take time to plan weekly meals. Choose healthy meals. Shop from a grocery list so you have what you need. Plan for healthy eating when dining out and traveling.
- **Vary Your Diet:** Eat a variety of nutritious foods every day. Include healthy options from all four food groups, hydrate with water and learn to read nutritional labels. Take time to enjoy your food and block out mealtime distractions.

For early childhood professionals, take time to create a pleasant atmosphere and generate good conversation around the snack and meal tables. Check out this resource [Best Practices for Mealtime Conversations](#).

FORWARD recommends these tip sheets to share with families:

Shop Smart - Getting the Facts on New Food Labels: [English](#) - [Spanish](#)

Smart Tips for Reading Menus: [English](#) - [Spanish](#)

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: Challenge your family to see if you can go for one month with “no deep fried foods” during restaurant dining. Look for baked and grilled meats or meatless meals. Pass on the French fries and enjoy whole grains, fruit, steamed or stir fried vegetables.

March Call to Action for Early Childhood Providers: Continue to introduce new foods to children. Try out the NAP SACC phrase, “Don’t yuck my yum” to get children to talk about food politely and to allow their peers to enjoy their meal. Also try “I don’t like it ... yet” to leave the door open for children to accept the food sometime down the road.

For information on healthy eating and activity initiatives in DuPage, check out www.forwarddupage.org.