

March is National Nutrition Month!



eat right. Academy of Nutrition and Dietetics

For more information, visit
www.eatright.org/resources/national-nutrition-month

MARCH WEEKLY GOALS

Week 1: COOK & PREP

INCORPORATE YOUR FAVORITE CULTURAL FOODS AND TRADITIONS.

Week 2: VISIT AN RDN

SEE A REGISTERED DIETITIAN NUTRITIONIST.

Week 3: MEAL PLANNING

MAKE HEALTHFUL CHOICES WHEN AT HOME AND AWAY.

Week 4: VARY YOUR DIET

TRY NEW FLAVORS FROM AROUND THE WORLD.

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