

# NUTRITION MONTH

**MARCH 2023**

2022-2023 Tennessee 4-H Healthy Living Ambassadors

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



## How can you live a nutritious lifestyle?

**Stay hydrated.** Drink plenty of water everyday.

**Eat a balanced diet.** Include healthy foods from all food groups in your meals.

**Plan your meals each week.** Planning your meals for the week helps you stay on track and saves money.

**Learn how to read a nutrition fact label.** You can find resources on [FDA.gov](https://www.fda.gov) and [eatright.org](https://www.eatright.org) to teach yourself and others how to read food labels.

