

NEWS RELEASE

For Immediate Release

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Personalize Your Plate During National Nutrition Month®

March is National Nutrition Month®, which is sponsored every year by the Academy of Nutrition and Dietetics. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet people's cultural and personal food preferences. Weekly key messages and tips are also included for 2021's National Nutrition Month®:

- Week One: Eat a variety of nutritious foods every day!
 - ✓ Hydrate healthfully with water.
 - ✓ Learn how to read Nutrition Facts Labels.
 - ✓ Avoid distractions while eating, and take time to enjoy your food.
- Week Two: Plan your meals each week!
 - ✓ Use a grocery list to shop for nutritious foods from each food group.
 - ✓ Choose healthful recipes to make during the week.
 - ✓ Enjoy healthful eating at school and at work.
- Week Three: Learn skills to create tasty meals!
 - ✓ Try new flavors and foods.
 - ✓ Practice proper home food safety.
 - ✓ Reduce food waste.
- Week Four: Consult a Registered Dietitian Nutritionist (RDN)!
 - ✓ Ask your doctor for a referral to an RDN.
 - ✓ Receive personalized nutrition advice to meet your goals.
 - ✓ Thrive through the transformative power of food and nutrition.



For National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to embrace their individuality and create healthful eating patterns with the foods they love. The [Academy's website](#) will host resources throughout March to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.

Adults and children participating in the Let's Eat Healthy! Program are learning how to create healthy habits. For more nutrition or program information, visit our website at <http://ucanr.edu/sites/letseathealthy>. Follow and "like" us on [Facebook](#) for additional tips and updates at CalFresh Healthy Living, UCCE Placer/Nevada Counties.