

## HOW TO OBSERVE NATIONAL NUTRITION MONTH

*Written by: [nationaltoday.com](https://www.nationaltoday.com)*

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise.



### 1. Move Your Body

Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

### 2. Find Inspiration

Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

“

What you think, you become.  
What you feel, you attract. What  
you imagine, you create.”

- Buddha

[Quotes sourced from Self By Design](#)

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## Book of the Month Recommendation

### American Dietetic Association Complete Food and Nutrition Guide

by Roberta Larson Duyff

With over 200,000 copies sold in all editions, this award-winning resource from the world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life. In this completely revised and updated new edition, you'll find up-to-date, evidence-based, practical answers for your many food and nutrition questions.

### **3. Meet with a Dietitian**

They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a healthier, happier outlook on life is priceless!

## **FIVE WAYS TO EAT HEALTHIER THIS MONTH**

### **1. Go, Go, H2O!**

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

### **2. Choose Food Over Supplements**

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

### **3. Opt for Color**

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

### **4. Pack Your Lunch**

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

### **5. Shop the Perimeter**

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## **Why National Nutrition Month is Important**

### **It's an Excuse to Reset**

This month gives us an opportunity to reflect inward and make tangible changes to our diets or workout regimens. It could be as simple as adding another veggie or fruit to every meal.

### **We'll Look (and feel) Better**

When we eat real, nourishing foods, we're getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow. Look good, feel good.

### **It Fosters a Community**

From yoga classes to sustainable farming workshops, the opportunities to celebrate this month are endless in cities all across the country.