NATIONAL NUTRITION MONTH® DISCOVER THE POWER OF NUTRITION

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"March is National Nutrition Month® 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."

This year's theme is "Discover The Power Of Nutrition." Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day.

Week 1: Power Your Day with Nutrition.

- Choose healthful foods from all food groups.
- Alternate your food choices for a variety of nutrients.
- Avoid fad diets that promote unnecessary restrictions.

Week 2: Find Advice Backed by Science.

- Find accurate sources for nutrition information such as your local food programs (WIC, SNAP-Ed or eatright.org).
- Follow advice from a registered dietitian or other licensed/credible nutrition professional.

Week 3: Stay Nourished on Any Budget.

- Learn cooking and meal preparation skills that work with the resources you have.
- Utilize local and in-season fresh produce or frozen produce to reduce food costs.

Week 4: Feel Good with Healthy Habits.

- Reduce the risk of foodborne illness with home food safety.
- Plan in advance to avoid mealtime stress.
- Include physical activity in ways that work for you.

2026 Nutrition Focus: The 3 F's

Fiber: 90 % of Americans are not getting enough fiber in their diet. Fiber is important for satiety, bowel regularity and reduction of chronic diseases. Top sources of fiber include:

- Fruits
- Vegetables
- Oats, quinoa, brown rice
- Beans & Legumes
- Nuts, Seeds

Fluid: focus on water! Hydration is key to a well functioning body. However, many Americans get the majority of their fluid from sugary beverages. If you make one swap this year, swap the sugary beverages for water.

Fitness: Move your body in any way that feels right. Walking, riding a bike, hiking, playing outside. Any movement is good movement!

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