

March is National
Nutrition
Awareness Month



The 2025-2030 Dietary Guidelines for Americans changed the food pyramid, emphasizing less added sugar, fewer refined grains, and a reduction in highly processed foods. Frank Hu of Harvard noted this is largely positive, but some confusion remains about saturated-fat-rich foods like red meat and butter, which could increase LDL cholesterol and cardiovascular risk.



Don't be confused or have insecurity about food

Nutrition science can seem complex, but eating is simple and essential. Food is meant to energize, heal, and sustain. Every bite impacts on our health. Real food from the earth nourishes us, while processed foods high in fat, sugar, sodium, and carbs can harm us. Making mindful choices about what we eat matters.

These are popular examples of:

Hyper-Processed

Bacon
Dried Fruit & Fruit Snacks
Flavored Nuts & Granola Bars
Fruit Juice
Instant Ramen
Ketchup & Margarine

Hyper-Palatable Foods

Dairy Items - cheese
Frozen or Prepared foods in freezer section
Prepared meats (hot dogs combination fat & sodium)
Salty Snacks (crackers, pretzels, popcorn or chips which combine carbohydrates & sodium)

What will you change in 2026? Start by making small, healthy food choices—real, earth-grown foods are best. Small actions can lead to big results. You can do it!

"Greater is He that is in you than he that is in the World" 1 John 4:4

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