Celebrate National Nutrition Month 2017
The Academy of Nutrition and Dietetics
Put Your Best Fork Forward

Eatright.org

Long-lasting dietary changes start with small changes! March is National Nutrition Month, so “Put Your Best Fork Forward” is a reminder that you hold the power to make healthier nutrition choices. No need to try a fad diet, just make small changes gradually. Celebrate National Nutrition Month by putting YOUR best fork forward. Here are a few ideas of some small changes to help you get started!

- Chew your Calories! Replace at least one soda each day with one glass of water this month!
- Having a burger or pizza for lunch? Yum! Add a small salad on the side.
- Replace those chips! Try a handful of nuts and one small piece of fruit for a snack.
- Make the vegetable portions on your dinner plate twice the size of your meat portion.
- Try a new fruit or veggie each week during March 2017.
- Eat at least 4 servings of vegetables on at least 5 days of every week in March 2017.
- Observe Meatless Monday on every Monday in March 2017.
- Go lean with the protein! Choose leaner cuts of meat when you are shopping or eating out.
- Choose whole grain or whole wheat whenever possible.
- Aim to eat at least three meals per day. Start your morning with a healthy breakfast!
- Pack some healthy snacks in advance. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.
- Manage your weight or lower your health risks by consulting the GSU Student Recreation Center Nutritionist. Contact: 404-413-1779
  http://recreation.gsu.edu/fitness/fitness-center/nutrition-consultations/

Start creating sustainable health changes this March by making a few small alterations to your eating habits. Keep it simple by taking it one forkful at a time!

Visit the Academy of Nutrition and Dietetics Website to find more information on National Nutrition Month! http://www.eatright.org/resources/national-nutrition-month

Reference
Academy of Nutrition and Dietetics, NNN 2017