

NATIONAL NUTRITION MONTH

A GUIDE TO MINDFUL EATING AND FOOD DIVERSITY

LISTEN TO YOUR BODY:

Eat when you're hungry and stop when you're satisfied. Learning to recognize your body's cues can help prevent overeating.



March marks the annual celebration of National Nutrition Month, a perfect time to spotlight the importance of making informed food choices and developing sound eating and physical activity habits. This year, let's dive into the theme of embracing a balanced and mindful approach to eating, highlighting the power of diversity in our diets and the significance of understanding nutrition for a healthier lifestyle.

THE POWER OF FOOD DIVERSITY

Variety is the spice of life, and this holds true for our diets as well. Consuming a diverse range of foods ensures a colorful plate and guarantees that we're getting a wide array of nutrients essential for our body's growth, repair, and overall health.

- **Explore Colors:** Aim to include fruits and vegetables of every color of the rainbow in your weekly diet. Each color represents different nutrients and antioxidants!
- **Whole Grains:** Add more whole grains like quinoa, barley, and brown rice. They provide more fiber to help you feel full longer and support your digestive health.
- **Lean Proteins:** Add a variety of lean protein sources, including plant-based options like lentils, chickpeas, and tofu, alongside fish, poultry, and lean meats.

INCORPORATING PHYSICAL ACTIVITY

A balanced lifestyle isn't just about what you eat; it also about how you move! Aim for at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling, or swimming.

- **Find Activities You Enjoy:** You're more likely to stick with physical activity if you enjoy it. Whether it's dancing, hiking, or yoga, choose activities that bring you joy!
- **Incorporate Strength Training:** Muscle-strengthening activities are also important and should be done at least two days a week. This includes lifting weights, using resistance bands, or doing body-weight exercises like push-ups and squats.



ENJOY YOUR FOOD:

Take the time to savor the flavors, textures, and aromas of your food.

This can enhance your dining experience and help you feel more satisfied with smaller portions.