



According to the Academy of Nutrition and Dietetics, during National Nutrition Month people should focus on making informed choices and developing sound eating and physical activity habits. This year the Academy of Nutrition and Dietetics encourages everyone to “*Put Your Best Fork Forward*”, a reminder that every bite counts. Making even small changes can add up over time. This year’s theme encourages us to start with small changes in our eating habits – one forkful at a time.

For tips, fact sheets, toolkits and information from the Academy of Nutrition and Dietetics, go to <http://www.eatright.org/resource/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>

A nutritious well-balanced diet combined with physical activity is the foundation of good health. Making dietary and lifestyle changes can prevent diseases, such as cardiovascular disease, type 2 diabetes and obesity, before they occur. Healthy eating and physical activity information for home, school, work and your community is available at www.choosemyplate.gov/national-nutrition-month

A reading list on various nutrition topics is available from the Academy of Nutrition and Dietetics at <http://www.eatright.org/resource/food/resources/national-nutrition-month/~media/3c83d099d76342f28c3469f3725b5878.ashx>