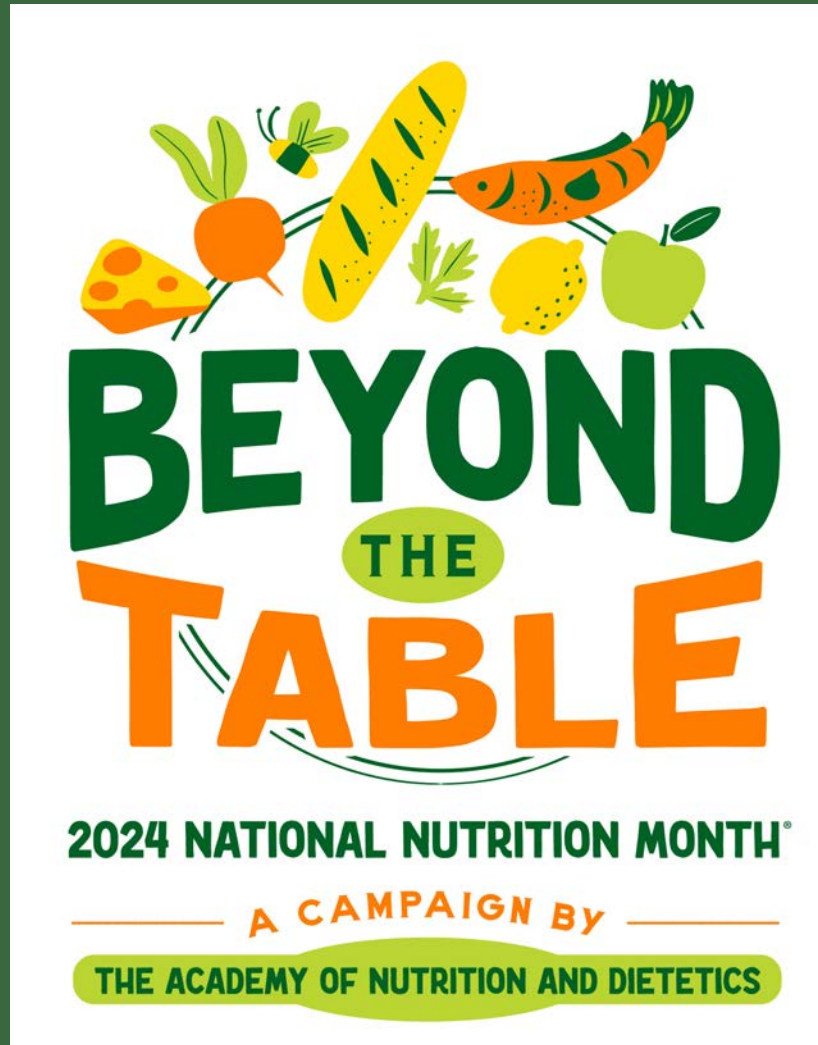


National Nutrition Month[®] 2024



Objectives

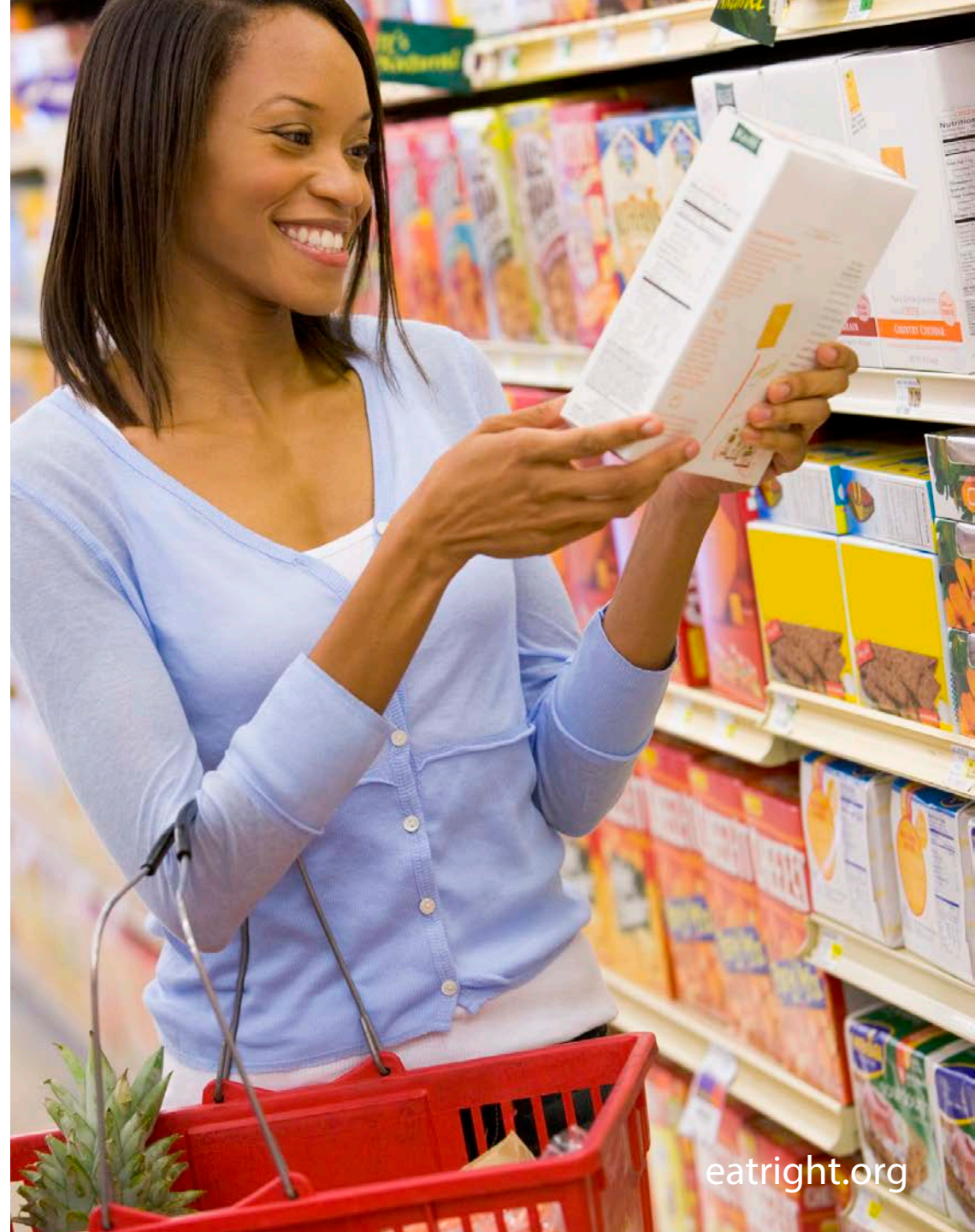
1. Explain the importance of eating a variety of foods from all food groups.
2. Identify at least two reasons for meeting with a registered dietitian nutritionist.
3. Describe three ways to eat with the environment in mind.



eat[®] Academy of Nutrition
right. and Dietetics

A healthy eating routine

**Stay nourished on
any budget.**



Stay nourished on any budget.

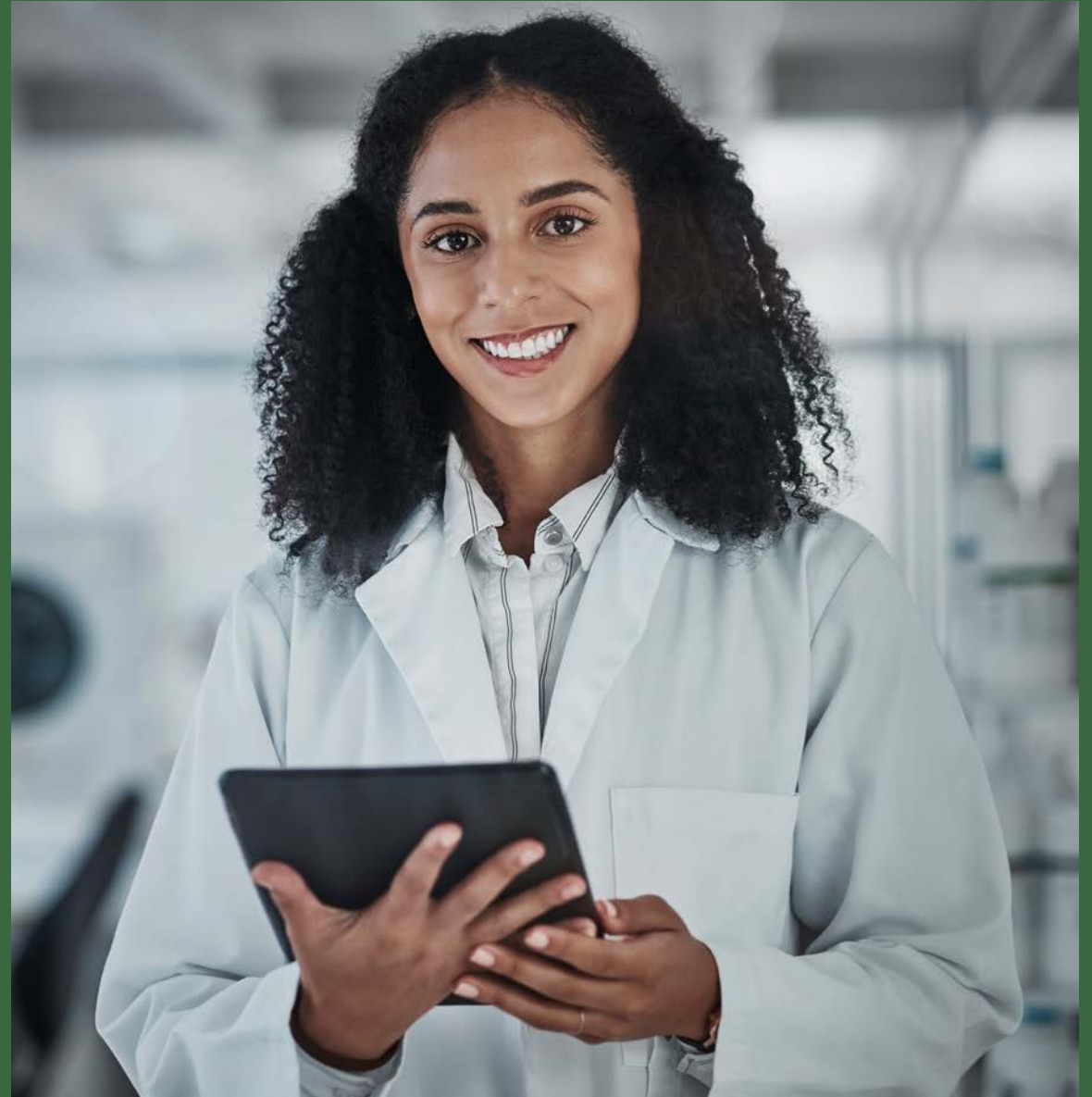
- ☐ Learn cooking, food preparation and meal planning skills.
- ☐ Use a grocery list and shop sales when purchasing food.
- ☐ Learn about community resources such as SNAP, WIC and local food banks.
- ☐ Practice home food safety.

Practice home food safety



See a Registered Dietitian Nutritionist (RDN)

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Receive personalized nutrition information to meet your health goals.
- Learn about the many ways RDNs can help people live healthier lives.





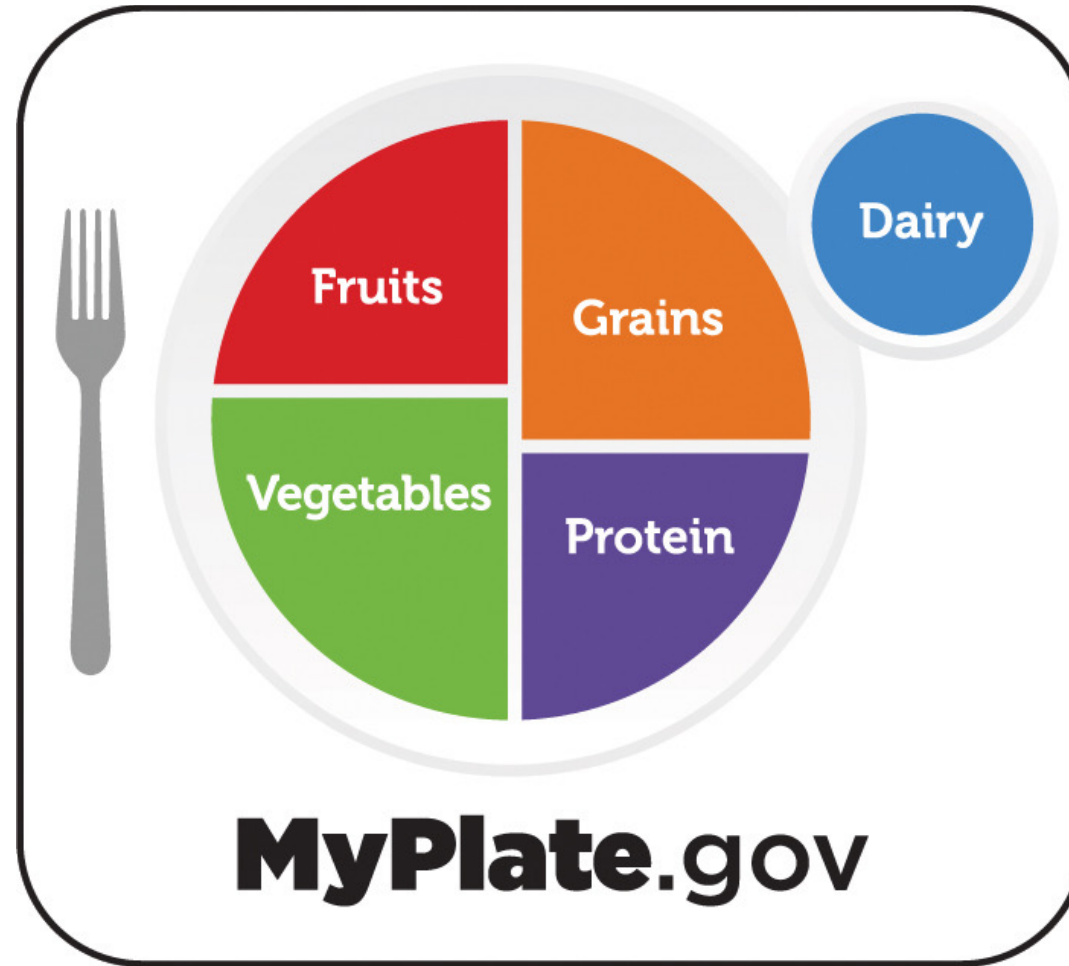
Eat a variety of foods from all food groups

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy

Eat a variety of foods from all food groups.

- ☐ Include your favorite cultural foods and traditions.
- ☐ Eat foods in various forms including fresh, frozen, canned and dried.
- ☐ Experiment with recipes using different ingredients.
- ☐ Try new foods or global cuisines.

MyPlate





Eat with the Environment in Mind

Eat with the environment in mind.

- ☐ Get creative with leftovers and ways to reduce food waste.
- ☐ Enjoy more plant-based meals and snacks.
- ☐ Buy foods in season and from local farmers when possible.
- ☐ Grow food at home or in a community garden.



Find a Nutrition Expert at
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Questions?



Thank You!

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