



March is National Nutrition Month®

Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Whether it is starting the day off right by eating a healthy breakfast or fueling before exercising, the foods you choose can make a real difference. When choosing/following a “diet” you should never have to restrict macronutrients (carbohydrates, protein, or fat) or micronutrients (vitamins or minerals) intake. Each nutrient is important for your body to optimally function.

*What does each **macronutrient** do for my body:

- **Protein-** part of tissue structure (organ tissues, muscles, hair, skin, bones, etc.) along with it makes up enzymes that regulate metabolism.
- **Fat-** protects vital organs, transports fat soluble vitamins, and energy reserve.
- **Carbohydrates-** bodies preferred source of fuel, spares protein to protect muscles, and fuel for central nervous system (controls majority of the body & minds functions).

*What do **micronutrients** do for my body:

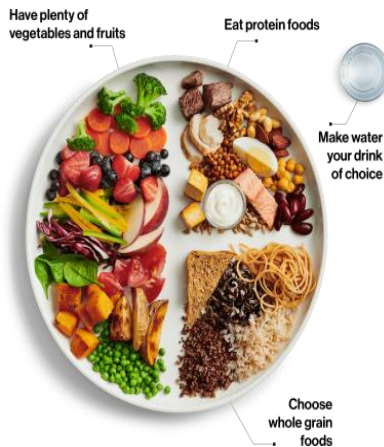
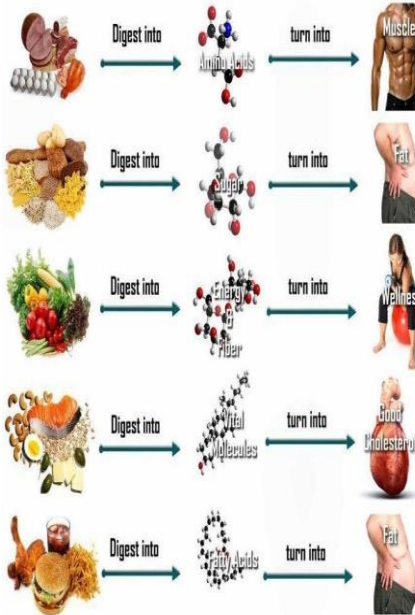
- **Vitamins-** necessary for energy production, immune function, blood clotting and other functions.
- **Minerals-** play an important role in growth, bone health, fluid balance and several other processes.

*How to make sure you get all your **macro and micro nutrients** in try to consume these recommended amounts daily:

- 1-2 cups of fruits
- 1 ½-3 cups of vegetables (variety of dark green, red and orange, and beans and peas, starchy and other vegetables)
- 5+ ounces of protein*
- 5+ ounces of grains* (½ of grains should be whole grain)

*=amounts can vary due to caloric intake (Ask a Registered Dietitian for recommendations specific to you)

HOW FOODS AFFECT OUR BODIES



Recipe resources:

1. <https://www.superhealthykids.com/healthy-kids-recipes/>
2. <https://www.eatright.org/food/planning-and-prep/recipes>
3. <https://whatscooking.fns.usda.gov/>

