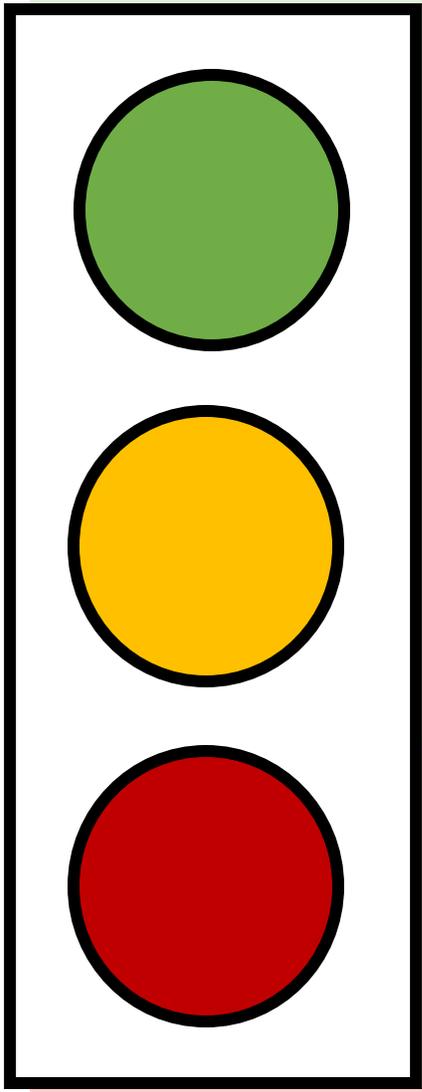


March is National Nutrition Month®

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.



Frequency: all meals

GO

- Fresh, frozen or canned vegetables without any added fat or sauces
- All fresh, frozen, canned (in juice) fruits
- Whole grains
- Lean meat – chicken, turkey, and fish
- Low fat yogurt or cheese
- Egg whites

Frequency: 1-2 times per day

SLOW

- Vegetables with added fat or sauces
- 100% juice
- Fruit canned in light syrup
- Baked fries
- Baked chicken nuggets
- Dried fruits
- Processed cheese

Frequency: 1-2 times per week

WHOA

- Pre-fried foods, like fish sticks
- Fruit canned in heavy syrup
- Waffles and pancakes with syrup
- Processed meats, hot dogs
- Muffins
- Sweets like candy

INTUITIVE EATING WHAT IS IT?

We are all born natural **intuitive eaters**. Babies cry, they eat, and then stop eating until they are hungry again. Kids balance their food intake from week to week, eating when they are hungry and stopping once they feel full. Some days they may eat more, some days they may barely eat anything. As we grow older and rules and restrictions are set around food, we can lose this ability.

Trust the internal hunger and satiety cues that your body is giving you. **Trust that your body will tell you when, what, and how much to eat.** It is okay to have go, slow, and whoa foods – and to not have regrets or feel any guilt.



MAKING SMART AND HEALTHY FOOD CHOICES IS AS EASY AS “GO, SLOW, WHOA.”

Learning the difference between foods you can have every day and foods that should be special treats can help grow healthy kids and help establish lifelong healthy habits.

