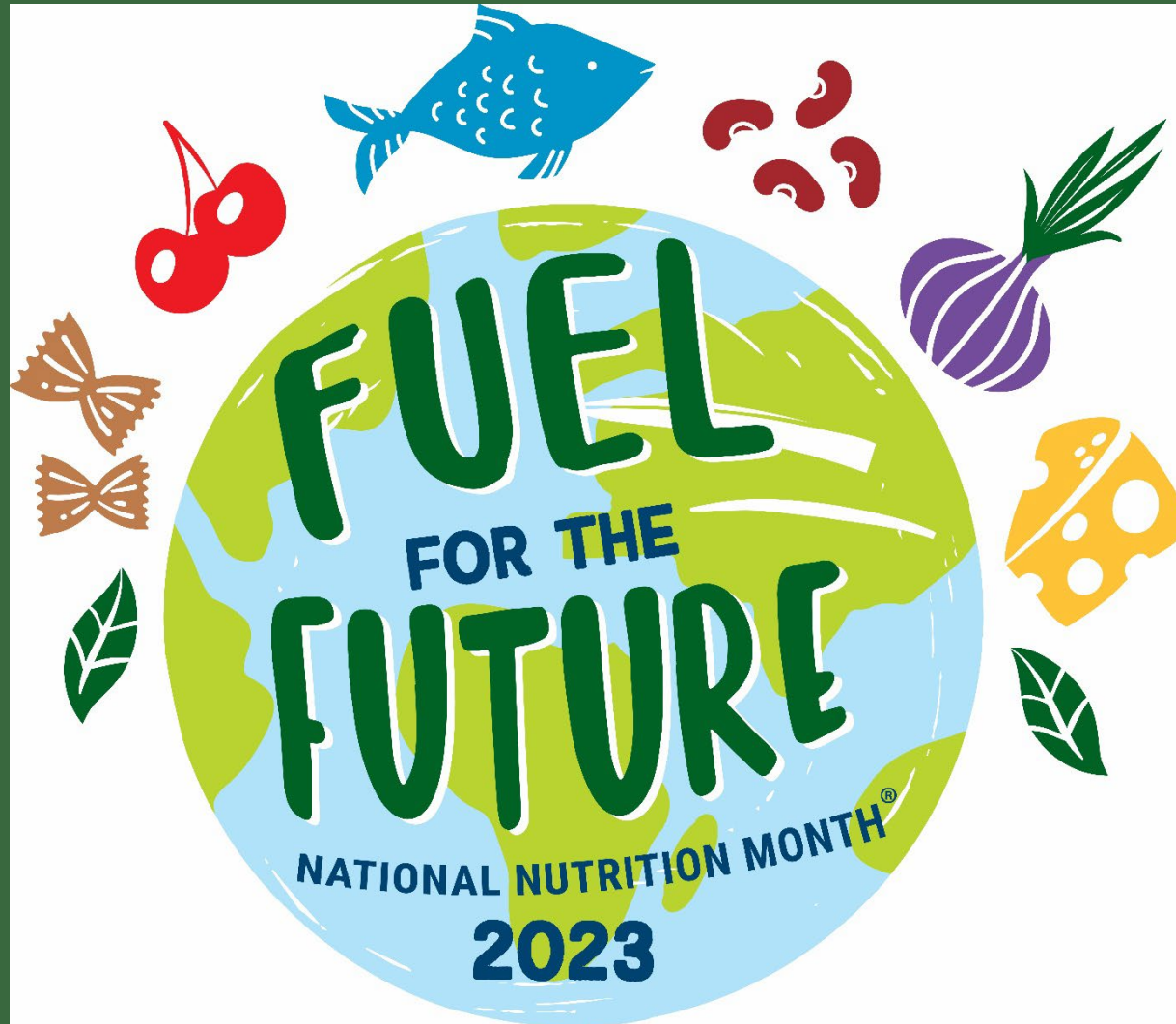


MARCH 2023

eat
right. Academy of Nutrition
and Dietetics

National Nutrition Month®





Objectives

- List the nutrients found in foods.
- Describe what makes a food nutrient-dense.
- Explain two ways to ***Fuel for the Future*** on a limited budget.



Nutrients

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water



Food Groups





“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium— are nutrient-dense foods.”

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



Fuel for the Future

- Eat with the environment in mind.
- See a Registered Dietitian Nutritionist (RDN).
- Stay nourished and save money.
- Eat a variety of foods from all food groups.
- Make tasty foods at home.



Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.





See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN, if you have nutrition questions.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.



Stay nourished and save money.

- Plan your meals and snacks.
- See what foods you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.





Nutrition Programs

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

SNAP provides an electronic fund to help households get foods that are essential for sustaining a healthy diet. This includes fruits, vegetables, protein foods, dairy products, breads and cereals, and more. Eligibility is determined based on household income and limited resources. Contact your state's SNAP office for directions on how to apply.

[Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#)

WIC is designed to serve pregnant, postpartum and breastfeeding women at nutrition risk, in addition to infants and children up until the age of five who are at nutritional risk. Household income requirements must also be met. Program participants are eligible to receive supplemental foods and nutrition education. WIC can also be combined with other government programs like SNAP, and the National School Lunch Program and School Breakfast Program. Contact your state's WIC agency to find the location nearest you to apply.

Source: <https://www.fns.usda.gov/programs>



NEW!

Shop Simple with MyPlate



[MyPlate.gov/ShopSimple](https://www.MyPlate.gov/ShopSimple)



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.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.



Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.





Find a Nutrition Expert at **eatright.org**



Thank You!