

# March is National Nutrition Month

We hear it often: eating right is important to our overall health.

While we should consider this sentiment year-round, we bring this idea to the spotlight every March during National Nutrition Month. [The Academy of Nutrition and Dietetics](#) celebrates National Nutrition Month to invite the public to focus on informed food choices and developing sound eating habits.

National Nutrition Month 2020 is themed “Eat Right, Bite by Bite.” This reminds us that quality nutrition isn’t necessarily restrictive, but that small changes to diet can have a cumulative effect on health over time.

Each week highlights a new topic surrounding healthy eating. Keep reading for the four tips we learned during National Nutrition Month 2020.

## 4 Healthy Eating Tips from National Nutrition Month

**Eat a Variety of Nutritious Foods Every Day:** Eating a wide variety of healthy foods keeps your body functioning properly and helps fight against chronic disease. Be sure that you’re including a variety of foods from each of the five food groups in your daily diet: fruits, vegetables, grains, protein and dairy.

**Plan Your Meals Each Week:** When you plan your meals, you’re able to grocery shop with healthful recipes and foods in mind. It will be easier to stick to a healthy nutrition plan when you map out your week’s meals ahead of time. You can start small, like planning your breakfasts or healthy snacks, and grow from there.

**Learn Skills to Create Tasty Meals:** You give yourself the power to stick to nutritious meals by preparing your own food. You don’t need to be a professional chef to accomplish tasty meals, and learning a few key techniques gives you the skills you need to make all kinds of meals. Keep healthful ingredients for your meals on hand and try new foods and flavors in the comfort of your own home.

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Consult a Registered Dietitian Nutritionist (RDN): An RDN offers personalized nutrition advice to help you reach your goals. These regulated healthcare professionals help you thrive through the power of food and nutrition, and National Nutrition Month is the perfect time to schedule an appointment for professional advice to help you through your nutrition journey.

## Learn More About a Healthy Lifestyle at The Atrium at Navesink Harbor

The Atrium at Navesink Harbor is an all-inclusive continuing care retirement community. With events and amenities through [LivWell](#), our holistic wellness program, you can learn healthy lifestyle tips and find ways to improve your wellness within the community that suits your needs.

Learn more by contacting our [team members](#) with any questions you have. And schedule your personal onsite tour, where we'll treat you to a meal in our beautiful dining room overlooking the Navesink Harbor.