

COMMUNITY HEALTH EDUCATION

MARCH 2025

March National Nutrition Month

Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that's right for you (not eating too much or too little).

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:

- **Whole fruits** — like apples, berries, oranges, mango, and bananas
- **Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama
- **Whole grains** — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread
- **Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu
- **Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt
- **Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts

Making small changes to your eating habits can make a big difference for your health over time.

Make healthy swaps.

Try making 1 or 2 small changes this week. For example:

- Drink sparkling water instead of regular soda
- Try plain, low-fat yogurt with fruit instead of full-fat yogurt with added sugars
- Choose low-sodium black beans instead of regular canned black beans
- Cook with olive oil instead of butter

Education links: [MyPlate Plan Calculator](#) | [MyPlate Understand and Use the Nutrition Facts Label](#) | [FDA](#)

