

NATIONAL NUTRITION MONTH® MARCH 2025



Food ConnectsUs

2025 NATIONAL NUTRITION MONTH®

A Campaign by the Academy of Nutrition and Dietetics

WHAT IS THE THEME FOR NATIONAL NUTRITION MONTH® 2025?

This year's theme for National Nutrition Month®, “**Food Connects Us**”, is a way to connect us to our cultures, our families and our friends. Learn more about these connections and how the foods you eat impact your health throughout life.

WHAT IS NATIONAL NUTRITION MONTH®?

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

TIPS TO HELP FOOD CONNECTS US

1. Connect with Food

- When purchasing food from a store, use a grocery list and pay attention to sales.
- When food is less processed, it's often more affordable.
- Visit a farmers' market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

2. Explore the Connection Between Food and Culture

- Learn about the traditions or history behind what you're eating.
- Whether food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience.
- Build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.

3. Build the Connection Across All Stages of Life

- Consuming adequate calcium from a young age helps reduce the risk of osteoporosis, or weak bones, as we age.
- Choosing food instead of supplements is the best way to meet nutrient needs.
- Include fruits, vegetables, whole grains, lean protein foods and low-fat or fat-free dairy or fortified soy milk as the basis of your daily eating routine to get the nutrients you need.

4. Connect with a registered dietitian nutritionist (RDN)

- They are food and nutrition experts who help people live healthier lives.
- Provide medical nutrition therapy to help you understand the connection between the foods you eat and your health.
- Make an appointment with an RDN to specialize in your specific needs to jumpstart your plan for personal wellness.

RESOURCES

To get additional food and nutrition information, visit

<https://www.eatright.org>