



Jackson County Department of Public Health

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March 2022 is National Nutrition Month!

“Celebrate a World of Flavors”

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Celebrate National Nutrition Month by adding flavors from around the world when planning meals and snacks. Enjoying flavors from around the world gives you a chance to learn about your food culture as well as those that may be new to you. You may come across ingredients and flavors you have never experienced before that you enjoy! Choosing a variety of nutritious foods from each food group (fruits, vegetables, whole grains, protein, and dairy) and in the recommended amount will help you get the nutrients needed for good health.

Here are the National Nutrition Month 2022 weekly key messages:

- ✓ **Week One: Eat a variety of nutritious foods.**
 - Include healthy foods from all food groups.
 - Learn how to read a Nutrition Facts Label.
 - Incorporate your favorite cultural foods and traditions.
- ✓ **Week Two: See a Registered Dietitian Nutritionist (RDN).**
 - Ask your doctor for a referral to an RDN.
 - Find an RDN who specializes in your unique needs.
 - Receive personalized nutrition education to meet your health goals.
- ✓ **Week Three: Plan your meals and snacks.**
 - Choose healthful recipes to make during the week.
 - Use a grocery list to shop for nutritious foods.
 - Make a healthful food and drink choices when away from home.
- ✓ **Week Four: Create tasty foods at home.**
 - Learn cooking and meal preparation skills.
 - Try new flavors and foods from around the world.
 - Enjoy your meals with friends or family, when possible

Incorporate new cultural foods, flavors, and traditions, as you “Celebrate a World of Flavors” during National Nutrition Month and throughout the year. For more information about programs available for medical nutrition needs and building healthier lifestyles, please reach out to the Jackson County Department of Public Health at 828-586-8994. The agency has two registered dietitians on staff and multiple programs that can help you learn more about healthy eating for you and your family.



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eat right. Academy of Nutrition and Dietetics

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