



March is National Nutrition Month

[National Nutrition Month](#)[®] reminds us that our food choices not only affect our health today, but also our risk for certain diseases down the road. A few quick tips, motivation for eating healthy or classes, and even one-on-one coaching to manage a healthy weight – we can help.

Quick Tips:

1. Focus on adding healthy food to your plate. By increasing fruits, vegetables, whole-grain foods and low-fat dairy products, you can get the nutrients needed instead of focusing on what you *can't* have.
2. Don't eat out of a package unless it's a single-serving size. When eating from a package, it's easy to lose track of portions and overindulge. Putting snacks on a plate makes it easier to enjoy the appropriate portions.
3. Don't skip or delay meals. Ignoring feelings of hunger often results in choosing unhealthy snacks and eating too much later.
4. Eat your meals with others. This helps you slow down and enjoy the meal, which can help prevent overeating.

Over two-thirds of U.S. adults and nearly one-third of children are overweight or obese. These conditions can pose a major health risk if further complications arise.

Small changes can make a big difference over time. Take the first step towards building healthier eating habits today.

In addition, fitness can lead to a healthier heart and stronger lungs, bones, muscles, and joints as well as lowering your risk of falls, diabetes, high blood pressure, and some cancers. Connect to healthy resources at kp.org/healthandwellness for a healthier lifestyle.

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