

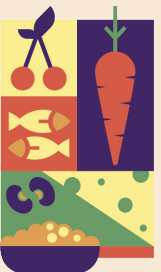
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# HEALTH & WELLNESS NEWSLETTER

**By Tori Martinez, MS, RDN, LDN - District Registered Dietitian**

Did you know March is National Nutrition Month®? The Academy of Nutrition and Dietetics started this annual campaign in 1973 to encourage everyone to learn about making informed food choices and developing healthy eating habits.

The theme for this year is “Food Connects Us”. Multiple factors, such as health, culture, tradition, religion and access can affect how we view and consume foods. Food nourishes us and impacts our health, so it's important to identify foods that we enjoy.



**Food  
ConnectsUs**

2025 NATIONAL NUTRITION MONTH®  
A Campaign by the Academy of Nutrition and Dietetics

## What is a healthy dietary pattern?

A healthy dietary pattern looks different for everyone due to individual preferences, lifestyles, and backgrounds. Make your plate colorful with fruits, vegetables, grains, protein, and dairy to include various nutrients in your diet.

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