
NUTRITION MONTH

Are you savoring the flavor of eating right, every day?

Food Can Add Fun to Your Daily Life!

Food can be so much more than simple fuel. Choosing healthful, balanced meals can be a fun way to experience new flavors. It can also be the basis for fun social experiences like dinner parties or holiday celebrations.

The Academy of Nutrition and Dietetics explains that savoring the flavor of eating right can help us “take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.”

So try some new and healthful foods today! You never know which new fruit, vegetable, whole grain, protein food, or dairy product will become a new favorite. How will *you* savor the flavor of eating right?

Eat Mindfully:

According to the Academy of Nutrition and Dietetics, “How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods.”

How can you eat mindfully? Try eating with an awareness of your hunger, paying attention while you’re eating. Do so without passing judgment on the food or the act of eating. When practicing mindful eating, sound nutrition information becomes a guideline for food choices, and you can choose food based on hunger, nutritional needs, existing illnesses or allergies, and how that food makes you feel after eating it.

