

DISCOVER THE POWER OF NUTRITION

Every March, National Nutrition Month invites us to pause, reflect, and reconnect with the role food plays in our health, our culture, and our daily lives. This year's theme, Discover the Power of Nutrition, highlights how thoughtful food choices can fuel our day, strengthen our bodies, and support the long-term well-being of individuals and communities. According to the Academy of Nutrition and Dietetics, nutrition has the power to help people "thrive," shaping energy levels, mood, disease prevention, and even how confident we feel navigating food choices.

Whether you're looking to refresh your routine or build habits that last a lifetime, National Nutrition Month offers a perfect moment to explore the transformative impact of what's on your plate.



Small Changes, Big Power

Why Nutrition Matters More Than Ever

The food we eat affects nearly every aspect of our well-being. Research shared through National Nutrition Month emphasizes that nutrition supports heart health, immune function, mental clarity, sleep, and helps prevent chronic diseases such as diabetes and cardiovascular disease. But nutrition isn't just about nutrients. It's also about:

- Culture and identity — Food connects us to our heritage, celebrations, and shared experiences.
- Community — Access to nutritious food strengthens neighborhoods and supports local food systems.
- Confidence — Understanding food labels, ingredients, and balanced meals empowers us to make informed choices.

At its core, nutrition gives us the tools to live each day with energy, intention, and resilience.



POWER YOUR DAY WITH BALANCED NUTRITION

encourages balance, variety, and moderation. Build meals with fruits, vegetables, whole grains, lean proteins, and healthy fats, and rotate foods to support nutrient diversity.

Simple ways to bring it to life:

- Fill Your Plate With Color: Aim for at least three colors per meal to boost vitamins and antioxidants.
- Choose Whole Grains: Swap refined grains for whole grains to add fiber and lasting energy.
- Incorporate Lean Proteins: Include options like fish, poultry, beans, or tofu to help fuel and satisfy
- Support brain health and reduce inflammation which is essential for long-term wellness.

TRY ONE NEW SKILL THIS MONTH:

- Meal prepping to save time
- Batch cooking grains and proteins for busy weeknights
- Trying new spices or global cuisines to keep meals exciting

INGREDIENTS

- 1 cup uncooked brown rice
- 2 cups water
- Pinch of salt
- 1 lb chicken breast, cut into bite-size pieces
- 1 medium sweet potato, diced ½ inch
- 1 red bell pepper, diced ½ inch
- 1 small red onion, sliced
- 1-1½ cups pineapple chunks
- 1 Tbsp olive oil or avocado oil
- 1 ½ Tbsp taco seasoning
- 1 can (15 oz) black beans, rinsed & drained



Southwest Chicken & Roasted Pineapple Grain Bowl

LIME-CILANTRO YOGURT SAUCE

- · ½ cup plain Greek yogurt
- · Juice of ½ lime (about 1 Tbsp)
- · 1-2 tsp finely chopped cilantro (optional)
- · Pinch of salt
- · Water to thin to drizzling consistency

INSTRUCTIONS

1. Cook the Brown Rice

1. Rinse rice under cool water.
2. Add rice, water, and salt to a pot; bring to a boil.
3. Cover, reduce heat, and simmer 35–40 minutes.
4. Rest 10 minutes before fluffing.

2. Roast the Chicken, Vegetables & Pineapple

1. Preheat oven to 425°F.
2. Add the following to a large sheet pan: chicken, sweet potatoes, bell pepper, red onion, pineapple chunks
3. Drizzle with 1 Tbsp oil and sprinkle 2 Tbsp taco seasoning + ¼ tsp salt.
4. Toss to coat evenly and spread into a single layer.
5. Roast 22–25 minutes, stirring halfway.
6. Add black beans during the final 5 minutes to warm.

3. Make the Lime-Cilantro Yogurt Sauce

1. Stir together: Greek yogurt, lime juice, chopped cilantro (if using), and a pinch of salt
2. Add a splash of water to thin until drizzle-friendly.

NAVIGATE FOOD ACCESS AND LOCAL RESOURCES

Access to nutritious food can vary, and National Nutrition Month highlights the importance of community support. Programs like SNAP, WIC, food banks, and local farmers markets can help make healthy foods more accessible. Exploring local produce markets, CSA programs, or nutrition assistance resources can also support individuals and families on their journey to healthier eating.

PARTNER WITH A NUTRITION EXPERT

With so much conflicting information online, it helps to have guidance from someone trained to translate science into approachable, realistic strategies. Registered Dietitian Nutritionists (RDNs) are highlighted heavily in this year's campaign as trusted sources for personalized, evidence-based nutrition strategies.

RDNs can help you:

- Manage specific health conditions
- Tackle weight or performance goals
- Build cultural, preference-based meal plans
- Learn label reading, mindful eating, and grocery-shopping strategies

Nutrition is not one-size-fits-all, and experts can help you find what truly works for your body and lifestyle.