

National Nutrition Month[®] 2026





Objectives

1. Identify at least two ways in which you can *Discover the Power of Nutrition*.
2. Explain what foods make up a healthy eating pattern.
3. Describe ways you can feel good with healthy habits.

Power Your Day

- Choose healthful foods from all the food groups.
- Alternate your food choices for a variety of nutrients.
- Avoid fad diets that promote unnecessary restrictions.



Healthy Eating Patterns

Include:

- Vegetables
- Fruits
- Grains, especially whole grains
- Lean protein foods
- Low-fat or fat-free dairy or fortified soy versions

Limit:

- Added sugars
- Saturated fat
- Sodium

Choose Variety





Stay Nourished on Limited Budgets

- Plan grocery lists around sales.
- Learn cooking and meal preparation skills that work with the resources you have.
- Locate community resources.

Find Advice Backed by Science

- Find accurate sources for nutrition information.
- Meet with an RDN who specializes in your unique needs.
- Receive personalized nutrition information from an RDN to meet your health goals.



Find a Nutrition Expert at
eatright.org





***Feel Good with
Healthy Habits***

Physical Activity



Food Safety



Four Steps to Food Safety

Clean

- Hands
- Dishes and utensils
- Countertops and sinks

Cook

- Fish and whole cuts of meat: 145°F*
- Ground meat: 160°F
- Eggs: 160°F
- Poultry, mixed dishes and leftovers: 165°F

**Let meat rest for 3 minutes before carving or eating*

Separate

- Raw and ready-to-eat foods and tools used to prepare them, including:
 - Cutting boards
 - Knives, spatulas and tongs
 - Dishes and serving platters

Chill

- Perishable foods, including:
 - Milk, yogurt, cheese and eggs
 - Meat, poultry and fish
 - Cut or prepared fruits and vegetables
 - Prepared food and leftovers

Healthy Habits



Questions?





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Thank You!