



# National Nutrition Month® 2026

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# 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



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# 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



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# Healthy Habits

# Questions?





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**#NationalNutritionMonth**

# Thank You!