March is National Nutrition Month!!!!

By Chef Jen, RDN/LDN, RYT-200

Welcome March!!! I can't believe it's here already. March means spring, green, daylight savings time, birds chirping, (hopefully) warmer weather and NATIONAL NUTRITION MONTH!

The Academy of Nutrition and Dietetics (AND or The Academy) selects the theme each year. This year’s is:

![National Nutrition Month Logo](image)

This means, “There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! Check out the info-graphic below and learn more about #NationalNutritionMonth: [https://sm.eatright.org/NNMinfo](https://sm.eatright.org/NNMinfo)"
Go to this website: https://www.eatright.org/food/resources/national-nutrition-month/about-national-nutrition-month to read about how NNM started as well as finding helpful and fun links there to help you start out March right!

Just as I say in yoga, not every BODY is the same. Therefore, what position some people can get themselves deeper into, others can't. It's the same with our food/diet: what works for some, doesn't for others. We are all unique in that manner. What we do know that works is a VARIETY of foods and physical activity.

Take advantage of March being National Nutrition Month and venture out of your culinary comfort zone by trying different foods. Check out my recipe section of Nutrition Corner and test out a recipe that is something different for you. For instance, quick, easy and few ingredients, try Chickpea and Coconut Stew (First video/recipe posted!). You can change zucchini to cauliflower or sweet potato if you prefer!

Try new foods, Eat well, Be well, Walk your dog and Bon appetit!

~~ Chef Jen