



National Nutrition Month

Develop healthy eating habits



- Eat slowly
- Only eat when you are hungry
- Drink plenty of water
- Choose more fruits, vegetables and whole grains at the grocery store

Avoid the following

- Overeating because of stress or anxiety
- Drinking sugary beverages
- Eating while multi-tasking or watching TV
- Choosing processed food on a regular basis
- Continuing to eat after you are full

Learn more about **National Nutrition Month** here:
www.eatright.org/food/resources/national-nutrition-month/