

Celebrate National Nutrition Month[®]!

March is National Nutrition Month. You can celebrate this special month by learning how to eat healthfully.

The ABCs of Good Health

Good health is the main goal of the **American Dietetic Association**. This organization gives people tips on how to live well. They say that being healthy is as easy as learning your ABCs.

Aim for Fitness!

Being healthy means getting exercise. Take time each day to play games or sports that get your body moving.

Build a Healthy Base!

Use the **food pyramid**¹ to help you decide what to eat during the day. The right mixture of foods will give you the energy you need to work and play.

Choose Sensibly!

Choose healthful foods. Try not to eat foods that contain lots of sugar. That will keep your body healthy.

Healthy Habits

The American Dietetic Association offers these tips for living well:

- **Break for breakfast.** You'll think better at school with a full stomach.
- **Keep clean.** Wash your hands often to stop germs from spreading.
- **Drink up!** Drink plenty of water each day--and even more during hot weather.

¹ **food pyramid**: a diagram that shows how much of each food group one should eat per day