



National Nutrition Month: Eating for Life

A balanced diet is a cornerstone of good health. The eighth edition (2015-2020) of the Dietary Guidelines for Americans is noteworthy for its shift toward incorporating a healthy eating pattern over the course of one's lifetime.

Emphasis is placed on consuming a varied and colorful diet, including:

- Fruits and vegetables
- Lean proteins
- Plant-based fats and oils
- Whole grains
- Healthy beverages

As we grow, develop, and age, our specific nutrient needs shift and change. A lifetime of healthy eating helps to reduce chronic diseases like obesity, heart disease, high blood pressure, and type 2 diabetes.

Maintain good health by:

- Establishing healthful habits early—Develop a foundation of healthy eating and physical activity during childhood and early adult years.
- Introducing and reintroducing a variety of textures, flavors, and types of foods throughout the life cycle as taste buds change over time

Put Your Best Fork Forward is the theme for National Nutrition Month®, which serves as a reminder that each one of us holds the tool necessary to make healthier food choices.

<http://www.eatright.org/resources/national-nutrition-month>