



WELLNESS WEDNESDAY

March is National Nutrition Month. Few things are as important for wellness as what we put into our bodies every day. Food is a complex and sometimes delicate topic; there are implications for geography, culture, socioeconomic status, medical history, and more. Luckily, there are some guiding principles from which we can all stand to benefit, no matter who we are or where we come from.

Before we talk about *what* to eat, let's focus on *how* to eat. Good nutrition means considering where food comes from, how (and when!) to get it, prepare it, and consume it. Check out the helpful tips below to improve how you eat!

- **Mindful eating:** Mindfulness isn't only for meditation! Treat your mealtimes with respect and attention by being present with your food and avoiding the temptation to watch a screen or answer emails. Put your fork down and pause between bites. Enjoy your food slowly and deliberately to avoid overeating.
- **Rest up:** One of the best things you can do to support your nutritional goals is to get enough sleep. The [Sleep Foundation](#) discusses sleep's role in high-calorie food selection, hormones that help control appetite and hunger, and more.
- **Grow your own:** No matter where you live, you can grow herbs or small vegetables. There's no better way to feel connected to what you eat, and you can't beat the freshness.
- **Seasonal shopping:** Access to all foods at all times is a luxury of the modern era. Returning to a practice of only buying what's in season is cheaper, healthier, more sustainable, and more delicious!
- **Food and ingredient sourcing:** Rather than doing all your shopping at the nearest grocery store by default, spend a Sunday afternoon exploring other sources, including smaller shops that may specialize in certain cuisines.
- **Build a routine:** A busy schedule can lead to skipped meals. Establish a daily routine and stick to it, especially when it comes to eating a good breakfast.
- **Plan and prep:** Meal-planning is a popular way to make all your meals for the week at once. Establish themed nights, like Taco Tuesdays, to take the guesswork out of deciding what to make.

We'll return to many of these topics throughout the month. In the meantime, check out more non-diet nutrition tips [here!](#)

Other Events to Celebrate In March

- National Nutrition Month – [Academy of Nutrition and Dietetics](#)
- March 10: World Kidney Day – [International Society of Nephrology](#)
- March 14: National Pi Day
- March 12-18: National Pulmonary Rehab Week
- March 12–18: National Sleep Awareness Week – [National Sleep Foundation](#)
- March 13–19: Brain Awareness Week – [Dana Foundation](#)
- March 20–26: National Drugs and Alcohol Facts Week – [National Institute on Drug Abuse](#)
- March 28: American Diabetes Alert Day – [National Institute of Diabetes and Digestive and Kidney Diseases](#)