



What is National Nutrition Month?

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics to promote informed food choices while helping to develop sound eating and physical activity habits.

This year, the theme is **“Put Your Best Fork Forward”**

What does it mean to put your best fork forward?

Our fork is the tool we use every day to make food choices. Each of us holds the tool in our hand, and we have the power to make food choices that will benefit our health. The campaign is asking you to put your best fork forward, to make informed food choices that will support your health and encourage sound eating habits.

How is MUSC getting involved?

MUSC is taking the campaign a step further, and asking you to **take a stab** at something new. We’re encouraging you to start incorporating new, simple, and sustainable food choices and habits into your life. This can be in the form new recipes, new cooking methods, a new low calorie beverage, or a new food you haven’t tried before.

How can I get involved?

- Join the online interactive challenge utilizing the USDA SuperTracker website!
- Cooking demonstrations will be held every Wednesday in ART (outside of the cafeteria) and every Thursday in Main (in the children’s hospital lobby) at 11:30am, noon and 12:30pm – attend a demonstration to learn a new recipe, try some samples and chat with our Chef and Dietetic Interns! Recipes will be posted at www.mushealth.org/nutrition/mindful
- Videos and other tips will be posted to www.facebook.com/MUSCFoodandNutrition all month long.
- Join our dietetic interns at the Lunch and Learn on the Urban Farm March 16th to sample our cooking demonstration recipe for the week and learn more about fiber!

**National Nutrition
Month 2017**



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