

March Is National Nutrition Month

New information about food and diet appears every day. An e-mail about “secret” calories in soft drinks, a friend’s personal endorsement of a trendy diet, news reports about conflicting research on red wine... What is true and how do you separate the truth from the fiction when it comes to nutrition information?

During National Nutrition Month®, the American Dietetic Association urges consumers to look beyond the myths of nutrition, focus on the facts and remember the theme for the month, Nutrition: It’s a Matter of Fact. A registered dietitian can help you sort through the myths and tailor a healthful eating plan that fits your needs.

During National Nutrition Month, ADA’s Tip of the Day will spotlight a popular nutrition myth and the facts that dispel the myth. Visit <http://eatright.org> daily to learn more.