

NATIONAL NUTRITION MONTH WEEK 1

Eat a variety of nutritious foods every day.



1. Include healthful foods from all food groups such as proteins, vegetables, fruits, whole grains, low fat or fat free dairy.



2. Hydrate healthfully. Drink sugar-free beverages such as water, seltzer, and tea.



3. Learn how to read nutrition facts panels. For more information [visit here](#).



4. Avoid distractions while eating. Don't eat with the TV on, in front of a computer, or while you're on your phone. Be mindful of what you're eating.



5. Take time to enjoy your food. Eat slowly and take sips of water throughout your meal. Eat smaller meals at least 3 times a day rather than just 1 or 2 large meals.

To make an appointment, call 844-NYC-4NYC (844-692-4692).

