**March is National Nutrition Month**

***Tip of the Month from Your Health & Wellness Committee***

National Nutrition Month® is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The focus is not on deprivation, but on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat.

Here are 10 tips to help you develop mindful and healthy eating habits:

* Eat Breakfast
* Make Half Your Plate Fruits and Vegetables
* Watch Portion Sizes
* Be Active
* Fix Healthy Snacks
* Get to Know Food Labels
* Do Your Own Cooking
* Drink More Water
* Eat Seafood Twice a Week
* Cut Back on Added Sugars

Check our website for members who can help you develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right! [web.redondochamber.org/Health-Wellness](http://web.redondochamber.org/Health-Wellness)