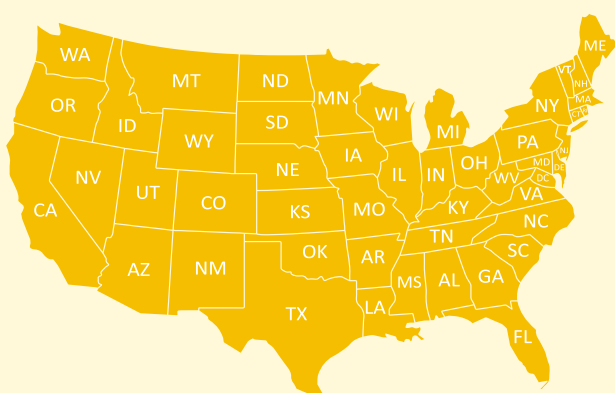


# NATIONAL NUTRITION MONTH

National Nutrition Month® is celebrated every March by the Academy of Nutrition and Dietetics to learn the importance of eating a healthful diet and making informed food choices that nourish your overall health.

Eating a healthful diet means consuming a variety of nutrient dense foods.

## FACTS ABOUT THE STANDARD AMERICAN DIET (S.A.D.)



- The average American consumes around 3,680 calories per day.
- 115M obese adults in the United States (U.S.) predicted by 2030.
- Over 70% of the sodium that Americans eat comes from packaged, processed, store-bought, and restaurant foods.
- According to the World Health Organization, 80 percent of all cases of heart disease, stroke and Type 2 diabetes could be prevented if people ate healthier, were more physically active, and stopped using tobacco.

## TIPS TO IMPROVE NUTRITION

80%

of Americans' diets are low in fruits and vegetables.

### EAT MORE FRESH, WHOLE FOODS

Whole, unprocessed foods offer a rich array of essential nutrients, support optimal health, while minimizing the intake of additives and artificial substances.

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### COOK AT HOME

Cooking at home promotes a healthier lifestyle by allowing you to control ingredients, portion sizes, and cooking methods.

### LIMIT SUGARY DRINKS

Limiting sugary drink intake is vital for health, as they are linked to obesity, diabetes, and dental issues.

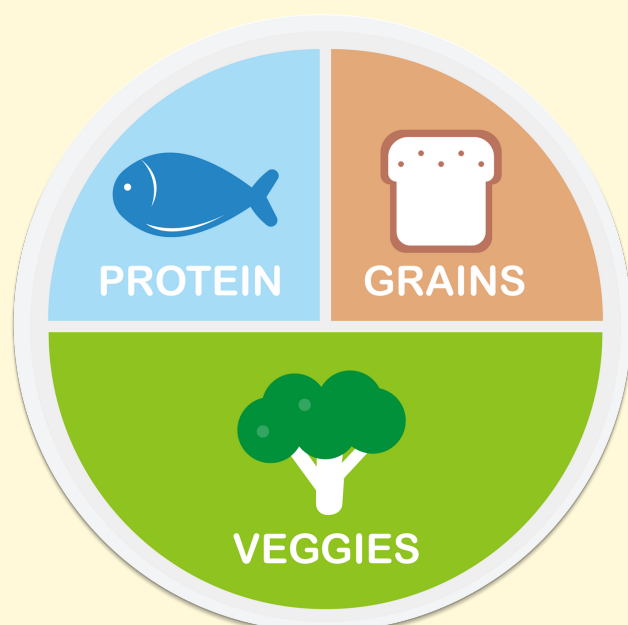
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### REDUCE SODIUM INTAKE

Limiting sodium intake is essential for maintaining heart health, as excessive sodium is associated with the risk of cardiovascular diseases.

## HEALTHY EATING PLATE



- Eat fresh
- Choose snacks wisely
- Load half of the plate with fruits and vegetables
- Drink more water
- Reduce sodium intake



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