

5-2-1-0 March FEATURE: is National Nutrition Month®



Here's how you can put 5-2-1-0
Healthy Choices Count! into action:

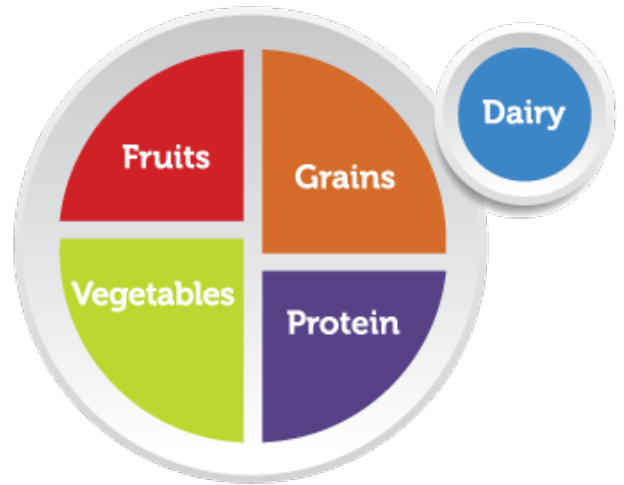
National Nutrition Month®

[National Nutrition Month®](#), created by the Academy of Nutrition and Dietetics, focuses on the importance of making informed food choices and developing healthy eating habits — just like 5-2-1-0! Here are some ways to celebrate:

- Create a meal plan and shopping list using MyPlate as a guide.
- Plan a healthy party. Make sure all food groups are represented!
- Invite a local dietitian to give a healthy cooking demonstration.
- Host a taste test and vote for your favorite fruit and vegetable.
- Use the [USDA 'What's Cooking'](#) website to search for healthy recipes and create your own cookbook.



We want to see how your site is putting 5-2-1-0 into action! Show us on social media using **#HealthyChoicesCount**



Build a healthy plate!

Use MyPlate to build your healthy eating style and maintain it for a lifetime! Try these MyPlate tips:

1. Make half of your plate fruits and vegetables.
2. Keep your plate interesting by trying new foods.
3. Be mindful of portion sizes.

HAVE FUN! Visit [MyPlate KidsPlace](#) to play games, listen to songs or print out activity sheets.

[ChooseMyPlate.gov](#)



www.iowahealthieststate.com/5210

