



March 2025

National Nutrition Month

Celebrate National Nutrition Month by embracing the benefits of healthy eating and making mindful decisions that fuel your body and mind.

The Importance of Balanced Nutrition

Balanced nutrition is fundamental to maintaining both short-term and long-term health. A variety of foods from all the food groups—fruits, vegetables, whole grains, proteins, and healthy fats—provide the body with essential nutrients that support different functions

- **Nutrient Needs:** Each food group offers unique nutrients that is important for proper functioning of our bodies. For example, fruits and vegetables contain essential vitamins, minerals, and antioxidants. Protein sources like lean meat and nuts help with muscle repair and immune function.
- **Chronic Disease Prevention:** A balanced nutrition helps prevent the development of chronic diseases such as: heart disease, diabetes, and hypertension.
- **Weight Management:** Combined with regular physical activity, a balanced diet helps regulate body weight by providing the right nutrients to your body.

Practical Tips for Improving Nutrition

Having a well-balanced diet is always easier said than done. Below are a few strategies to help you take the next step towards better health.

- **Meal Planning:** Meal planning batches of meals that can be stored in your freezer ahead of time, maybe on the weekend, allows for you to grab a convenient meal you can microwave. This will help minimize the temptation to grab an unhealthy fast-food option.
- **Mindful Eating:** Eating slower and without distractions (such as your phone or TV) can help your body recognize when it's full and prevent overeating.
- **Healthier Cooking Methods:** Having the mindset of grilling, steaming or baking with minimal use of oil instead of frying is a great start. You can also do simple ingredient swaps, such as using avocado or olive oil instead of butter, or using lean ground beef/chicken breast instead of a fattier option such as chicken thighs.

The Role of Nutrition in Overall Wellness

National Nutrition Month is not just about eating healthy food—it's about understanding how nutrition influences every aspect of our lives. Good nutrition is integral to supporting both physical and mental well-being.

- **Energy Levels:** a balanced diet fuels the body with sustained energy throughout the day. The right combination of carbs, proteins, and fats help stabilize blood sugar that leads to the prevention of energy crashes.
- **Mental Health:** Foods rich in omega-3 fatty acids (like salmon or flax seeds) have been shown to support brain health and reduce symptoms of depression and anxiety.
- **Immune Function:** Foods high in vitamins A, C, and E help maintain immune function and reduce the risk of illness. Citrus fruits and leafy greens are a great source for these nutrients.

To learn more about National Nutrition Month visit the website [here](#) for quick information and resources made available to you. If you are interested in visiting with a nutritionist, you have the option to speak to one through Teladoc at 866.789.8155 or by visiting the Teladoc website [here](#).

