

National Nutrition Month

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

115 MILLION

The number of obese adults projected to be living in the U.S. by 2030.

\$150 BILLION

The amount that obesity-related medical conditions cost our nation every year.



A proper diet can help Prevent & Control:

- heart disease
- high blood pressure
- type 2 diabetes
- some types of cancer

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Things Eating Well At Work Can Reduce



STRESS



COSTS RELATED TO ANSENTEEISM

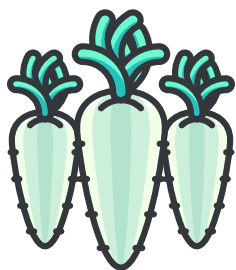


RATES OF INJURY OR DISABILITY INSURANCE PREMIUMS

BENEFITS OF PHYSICAL ACTIVITY IN THE WORKPLACE

Participating in physical activity produces a range of physical, mental, social, environmental and economic benefits.

- improve sleep.
- maintain a healthy weight.
- manage stress.
- improve quality of life.
- reduce your chances of joint and back pain.
- reduce your risk of major illnesses such as heart disease, type 2 diabetes and cancers.



MAKE MORE INFORMED EATING CHOICES

- Eat Fresh
- Choose Snacks Wisely
- Load Half Of Plate With Fruits and Vegetables
- Drink More Water
- Reduce Sodium Intake

