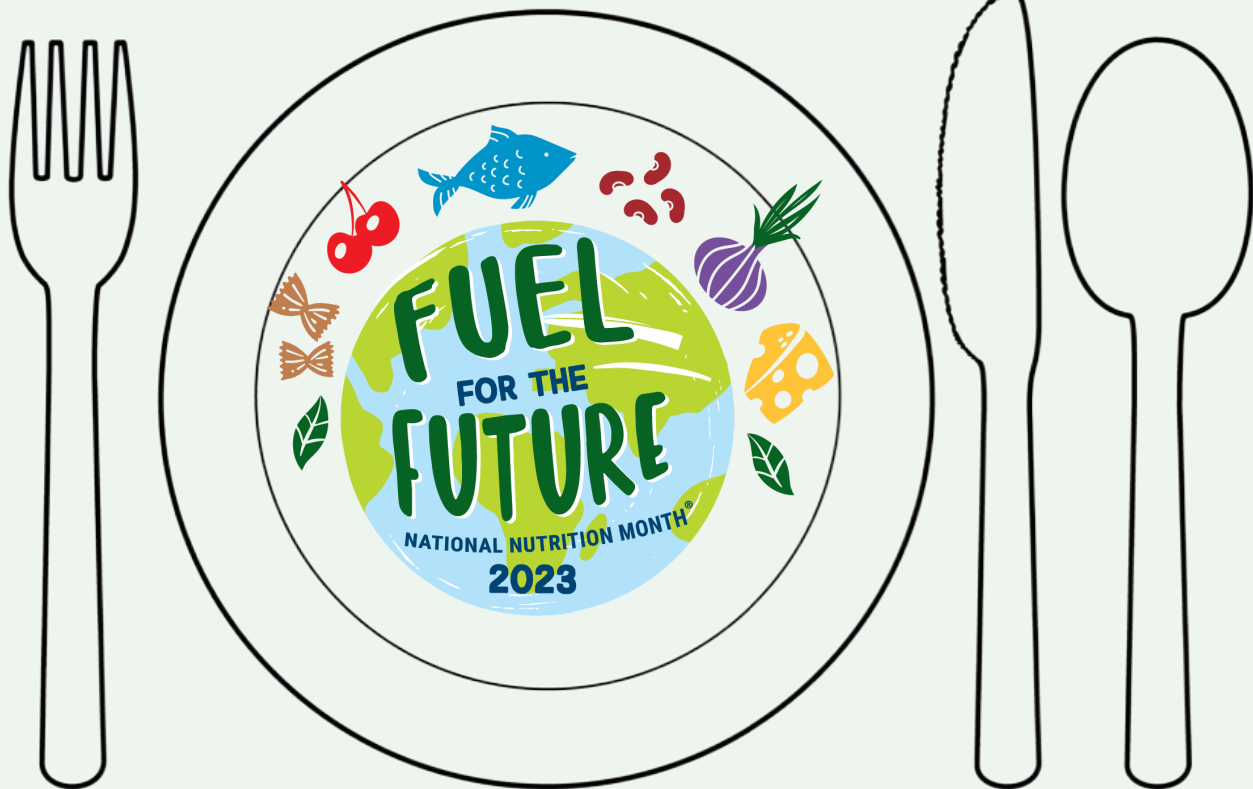




Academy of Nutrition
and Dietetics



Ways we can Fuel for the Future:

Eat with the environment in mind:

Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help keep food costs down. Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substitute some or all of the meat in recipes with plant-based proteins.

See a Registered Dietitian Nutritionist (RDN):

Good nutrition can positively influence our health, and there are many ways to eat healthfully. Plus, no single food or food group provides all essential nutrients. Ask your doctor for a referral to an RDN and find an RDN who specializes in your unique needs so that a healthy eating routine becomes a way of life.

Putting it all together:

Finding ways to include the foods you enjoy while getting the nutrients you need is important at any age. The foods and drinks we choose can be influenced by a variety of things, such as taste, cost, culture, convenience, and cooking skills - which can help you *Fuel for the Future*.

#NationalNutritionMonth
eatright.org/nnm