



## Did you know... that March is National Nutrition Awareness Month?

### National Nutrition Awareness Month

National Nutrition Awareness Month was created by the Academy of Nutrition and Dietetics, and it is observed annually in March. The Academy established the observance for the purpose of spreading awareness about the importance of smart food choices and developing healthy eating habits. The theme for 2025 is "Food Connects Us," which emphasizes how food connects us to our cultures, families, and friends.

- **Smart Snacking Tips:** In honor of National Nutrition Awareness Month, below are some smart snacking tips to add to your healthy eating plan. Snacks can aid in boosting energy between meals, and they are also a fantastic way to increase the variety of food groups you consume in a day. It is recommended that the average person keep snacks to 200 calories or less. You can practice smart snacking by:
  - Snacking only when you are hungry
  - Having snacks planned and portioned out ahead of time
  - Practicing food safety
- **Smart Snack Ideas:** Do you want to adopt smart snacking habits but are not sure how to start? Below are a few examples of convenient, healthy snack ideas to begin on your smart snacking journey:
  - 3 cups of air-popped popcorn with grated cheese or dried spices
  - Baked vegetable chips, like kale or beets
  - Fruit kebobs with low-fat yogurt
  - Sliced apple with 1 tablespoon of peanut, almond, or sunflower seed butter
  - Whole wheat pita wedges with 2 tablespoons of hummus

### Utopia WellCare

Utopia WellCare can help you start your journey toward better nutrition. Utopia WellCare's goal is to help you improve your overall relationship with your health via their comprehensive Functional Nutrition services provided by Board Certified Registered Dietitians.

#### Have Questions?

- Email [info@utopiawellcare.com](mailto:info@utopiawellcare.com)
- Visit [www.utopiawellcare.com](http://www.utopiawellcare.com)
- Download the Utopia WellCare mobile app

## ◆ Wellbeats

### Wellness

Meal prepping is a simple, time-saving habit that can improve your nutrition and overall wellbeing. What better time to start than National Nutrition Awareness Month! With Wellbeats Wellness, you can learn how to meal prep with the Simply Prepped Program. Through the program, you'll have access to 14 videos which share expert tips and recipes. Enroll in the Simply Prepped Program and complete it by March 31st, 2025, for a chance to win a Wellbeats accessories gift card.

Ready to join? In your Wellbeats Wellness account, go to Programs to join the **Intro to Mindfulness** today. Start today and discover the transformative power of inner peace.

Download the Wellbeats Wellness app or go to [portal.wellbeats.com](http://portal.wellbeats.com) to get started, or by scanning the QR code!



### Works Cited

- <https://www.eatright.org/about-national-nutrition-month>
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