



# March National Nutrition Month

## What is National Nutrition Month?

Each year during March, we celebrate National Nutrition Month®, which is a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. It invites everyone to learn about making informed food choices and developing sound eating and physical activity habits.

## When Did National Nutrition Month Start?

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition.

This year will be its 50th anniversary, and the theme for this year's National Nutrition Month® is Fuel for the Future.