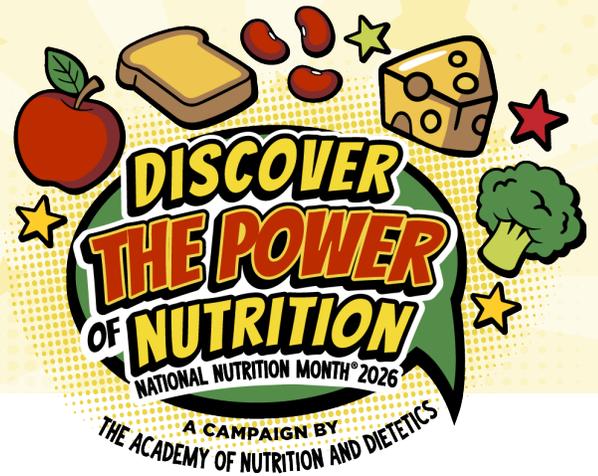


National Nutrition Month[®] 2026



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and “miracle” foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags

If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself

- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDNs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti with Meat Sauce Green Beans Carrots Wheat Bread Fresh Fruit Margarine	3 Ham & White Beans Brown Rice Cabbage Cornbread Fresh Apple Fruit Blend Juice Margarine	4 Chicken & Sausage Gumbo/Brown Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Oatmeal Crème Cookie Margarine	5 Turkey & Cheese Lettuce/Tomato/Pickle California Vegetable Salad Wheat Bread (2) Peanut Butter Cookie Mustard Mayonnaise	6 Egg Patty (2) or Ham/Country Gravy Grits Hashbrown Patty Biscuit Fruit & Grain Bar Cranberry Juice Margarine/Jelly
9 Chicken Breast Fillet Italian Herb Sauce Whipped Sweet Potatoes Green Beans/Red Peppers White Roll Star Crunch Margarine	10 Hamburger or BBQ Pork Riblet Lettuce/Tomato/Onion Corn O'Brien Wheat Hamburger Bun Pineapple Cobbler Mustard	11 Red Beans & Sausage Rice Mixed Greens Cornbread Fig Bar Cranberry Juice Margarine	12 Salisbury Beef Brown Gravy Whipped Potatoes Carrots Wheat Bread Oatmeal Crème Cookie Margarine	13 Lent Special Shrimp Etouffee (Imported) Rice Green Peas Wheat Bread Carnival Cookie Cranberry Juice Milk Margarine
16 Teriyaki Meatballs Rice Japanese Vegetables Wheat Bread Strawberry Craisins Fruit Blend Juice Margarine	17 Chicken Tenders Macaroni & Cheese Green Peas Fresh Fruit Cranberry Juice Milk BBQ Sauce	18 Turkey Breast Brown Gravy Yams California Vegetables White Roll Cake/Ice Cream Margarine	19 Pork Roast Pork Gravy Whipped Potatoes Carrots Wheat Bread Fudge Round Margarine	20 Taco/Cheese or Bean & Cheese Burrito Black Beans Cilantro Lime Corn Wheat Tortilla Fresh Orange Taco Sauce
23 Sausage Link Onion Gravy Rice Green Peas White Roll Fresh Fruit Cranberry Juice Margarine	24 Country Fried Steak Country Gravy Garlic Potatoes Carrots Wheat Bread Chocolate Chip Cookie Margarine	25 Hamburger Lettuce/Tomato/Pickle Baked Beans Wheat Hamburger Bun Fresh Fruit Ketchup Mustard	26 Chicken Breast Fillet Brown Gravy Chantilly Potatoes Venetian Vegetables White Roll Fig Bar Margarine	27 Tuna Salad or Turkey Salad Lettuce/Tomato Coleslaw Wheat Bread (2) Chocolate Pudding
30 Spaghetti with Meat Sauce Green Beans Carrots Wheat Bread Fresh Fruit Margarine	31 Ham & White Beans Brown Rice Cabbage Cornbread Fresh Apple Fruit Blend Juice Margarine	Each Meal is Served with 1/2 Pint of 2% Milk		Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.