

Good Nutrition from the Ground Up



March is National Nutrition Month®

One way to improve your health is to make good food choices, and we're here to help. Northwestern Memorial Hospital joins with the [American Dietetic Association](#) to encourage you to start now by taking small steps toward a healthier diet—improve your nutrition from the ground up.

What does that mean? It means that you don't have to overhaul your entire life just to make positive steps toward a better diet. Here are some things you can do to START:

- Stay local – buy local produce whenever possible; it helps you and the local economy
- Try new foods that expand your taste horizons
- Add more nutrient rich vegetables and fruits to your diet
- Rev up the nutrients – worry less about calories and choose foods packed with nutrients
- Treat yourself – munch on healthy snacks, like yogurt and nuts, throughout the day

This year, in honor of National Nutrition Month®, our [Health Learning Center](#) is hosting a three-part series about nutrition and wellness called [Wellness Wednesdays](#). Beginning March 10, we will help you find workable ways to incorporate healthy eating habits into your daily routine. We'll delve into some of the nutritional claims that have been made in the news and on the Internet, and we'll talk about what works and what probably won't.

Join us as our nutrition experts discuss fad diets, power foods, how much is too much, and what you need to know to make the best diet choices for you. The sessions are free of charge to the public, and anyone can attend.

Wellness Wednesday Details

Wednesday, March 10

Debunking Diet Myths: What You Need to Know for Your Health

5:30 to 6:30 p.m.

If you missed this lecture:

Download the materials from the presentation: [Debunk Diet Myths \(pdf\)](#)

Wednesday, March 17

Super Foods: What to Include on Your Plate

5:30 to 6:30 p.m.

Wednesday, March 24
Portion Size Challenge: What is a Serving?
5:30 to 6:30 p.m.

Registration Information

To register call Health Resources at **312-926-8400**. The sessions are located at:

Northwestern Memorial Hospital
Health Learning Center
251 E. Huron Street
Feinberg Pavilion, 3rd Floor