



PUT YOUR  
**BEST FORK FORWARD**

National Nutrition Month® 2017



Each March, the Academy of Nutrition and Dietetics celebrates **National Nutrition Month**®. This annual event reinforces the importance of developing sound eating and physical activity habits.

**“Put Your Best Fork Forward”** is the theme for 2017, a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time helps improve health now and into the future.

For more information, visit  
[www.eatright.org/nnm](http://www.eatright.org/nnm)