



MARCH, NUTRITION MONTH: FOOD CONNECTS US

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This year's theme for the celebration of Nutrition Month is: "Food Connects Us". In the case of our culture, this is very clearly identified. Generally, in Puerto Rico, we celebrate everything with food. Food is a way to connect with others, especially our loved ones

Here we share some of the ways in which the Academy of Nutrition and Dietetics invites us to celebrate this month:

- 1 Connect with food - Learn new recipes and plan your meals. Take photos and challenge friends and family to prepare them. Schedule a meeting and test your recipes.
- 2 Connect with a nutrition expert - If you haven't seen a nutritionist or haven't had a nutritional assessment for a while, use this month to coordinate it.
- 3 Explore the connection between food and culture - Ask your family members if they can share a recipe with you, then change it to the healthiest version possible. For example, replace one ingredient with another that is lower in calories. Another alternative is to change the cooking technique of the recipe, instead of fried, use the oven or steam them without adding fat.

