March is National Nutrition Month®
With so many food choices, maintaining a healthy diet may seem complicated. While celebrating National Nutrition Month®, you may wonder what foods are best to eat? According to Eatright.org, consuming a variety of nutrient-rich foods, that are low in saturated and trans fat, is an important first step.

Seeking a Registered Dietitian Nutritionist?
Anyone can call themselves a "nutritionist." However, it requires a bachelor’s degree in nutrition and dietetics, with courses in the sciences related to human physiology in health and disease, to be called a Registered Dietitian Nutritionist (RDN). To earn this credential, a RDN must complete an accredited internship and pass a board examination. Maintaining this certification requires 75 credits of professional education every five years. This rigorous training qualifies an RDN to apply their expertise to a wide spectrum of nutrition related health concerns.

University of Arizona employees, eligible for full benefits, may schedule a free consultation with a registered dietitian nutritionist.

Mindful Eating
Want advice when it comes to eating mindfully? Psychologist, Christopher Willard offers practical solutions in this 6 Ways to Practice Mindful Eating article.

NEW! Mindful Eating Series
Meeting the first and third Wednesday of the month, March 7–May 16 Noon–12:50 p.m.
Let the principles of mindful eating be your guide! Discover a new approach to food and eating in this series. To register, click here.
Check This Out!

Congratulations to the winners of the Meal Prep photo contest!

First Place: Joggernauts
Geosciences

Second Place: Hardbody Foxes
Clinical & Translational Sciences Research Center

Join Us!

March 13: Walks With Campus Leaders
Walk with Brian Seastone
Chief, University of Arizona Police
Meet in front of 2nd & Warren, near the gates of the softball stadium
Noon-12:30 p.m.

March 27: Walks With Campus Leaders
Walk with Dr. Paulo Goes
Dean, Eller College of Management Professor, Management Information Systems
Meet behind Eller College, outside the food area, near the bike racks
Noon-12:30 p.m.

March 31: Last day to log miles.
April 2: Complete final survey.
April 11: Celebrate the Walk Across Arizona finale! Join us from 4-5 p.m. at Life & Work Connections.