

## DISCOVER THE POWER OF GOOD NUTRITION



March is Nutrition Month, an opportunity for all of us to promote healthy habits that support everyone's well-being, energy, and productivity. This year, the motto "Discover the Power of Good Nutrition" invites us to make small changes that have a big impact on our health.

### PRACTICES THAT WILL LEAD YOU TO DISCOVER THE POWER OF GOOD NUTRITION:

- Add more colors to your dish- These colors are found mostly in the routes and vegetables; as more varied colors, more variety of vitamins, minerals and health benefits. Set as a goal to include at least 3 different colors in your dish.
- Hydrate during your work hours- Hydration improves mental clarity and productivity; don't lose focus on healthy habits while working. Keep in mind that you spend a lot of time working, which means you have to think about your health during this period and not leave it for later.
- Choose smart snacks- Instead of spending your working hours on sweets or "chips," try having with you: natural yogurt, nuts or seeds, fruits, whole grain cookies with cheese, among other healthy alternatives.

### Initiatives we can take as a community in our areas of work:

- Suggest healthy snacks in meetings.
- Internal challenges (e.g. "3 servings of fruits and vegetables per day").
- Share weekly messages with wellness tips.

**This month, we invite you to join this movement and discover the power of nutrition. Your well-being is an investment; it's not an expense. Every healthy choice counts.**



Fuente: Academy of Nutrition and Dietetics, 2026