



National Nutrition Month

March is National Nutrition Month

Good nutrition is the foundation of a strong immune system, a lower risk of chronic conditions like diabetes and heart disease, and the key to a longer healthier life.

Recipes

Power your Plate with 5 minute Burnalong Recipes

- [Energizing smoothie](#)
- [Easy breakfast](#)
- [Sushi bowl](#)

Articles

- [Home cooking with Weight Watchers](#)
- [5 Easy Recipes to Boost your Nutrition](#)
- [Benefits of Intuitive Eating](#)
- [Your Guide to a Heart Healthy Grocery List](#)

Webinar

Unlocking the Secrets of Nutrition Labels:

Are you confused by nutrition labels? You're not alone! Join us for an informative and engaging webinar, where a registered dietitian will walk you through everything you need to know about nutrition labels.

Date: 3/19/25

Time 12:00 pm EST

[Register here](#)

Questions? Email Wellnessprograms@jhu.edu

