

March is National Nutrition Month

Believe it or not, March, and let's hope spring, is shortly upon us. March also brings National Nutrition Month, a campaign to provide nutrition education and information to the public. The focus is always on making informed food choices and developing sound food and physical activity choices, and within this, there is a yearly theme. To celebrate this year's theme, Enjoy the Taste of Eating Right, each week the Nutrition Services Department will highlight a hidden nutritional gem that is underexposed or not commonly used in order to expand our community's palate and thinking. This week, we will be talking (and tasting!) about buckwheat – its benefits and how you can add it to your diet. See the [Lifestyles](#) section for more about chia seeds and our [Recipes](#) for some delicious ideas. Enjoy!

