Maintain Balance
March is National Nutrition Month and this year’s theme is *Put Your Best Fork Forward*! In other words, start taking small steps towards healthier eating, one forkful at a time. *MyPlate* reminds us that you must eat a wide assortment of foods which will help ensure that you get a variety of nutrients into your diet. Include different colored produce, lean proteins, whole grains and low-fat dairy in your diet to make sure all your bases are covered! Remember...all foods can be part of a healthy diet if you use moderation.

Did you know?
Most restaurants serve portions that are much too large compared to recommended amounts. Be mindful of the portion sizes of the food you eat, particularly when eating high-calorie foods. The MyPlate logo can also be used to help you determine how much of each food group you should be eating during meals.

Resources to help you keep your plate balanced:

- Cafe Bon Appetit [Portion Control](#)
- [Healthy Vending on Campus](#)
- Health & Wellness [Facebook Site](#)