



march is national NUTRITION —MONTH®—



What is National Nutrition Month®?

Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This is a great time to learn how to choose foods that support your lifestyle and explore the nutrition benefits and resources available to help you stay on track.

Getting Started with Healthy Eating

Eating nutritious foods supports digestion, strengthens bones and muscles, and lowers the risk of chronic conditions like heart disease, type 2 diabetes, and some cancers. Eating a balanced diet that matches your activity level can also help you reach and maintain a healthy weight.

Healthy eating doesn't have to be hard. Small steps add up. Try these ideas:

- **Boost fiber:** Fiber helps you feel full, supports healthy cholesterol levels, and can help with weight management. Choose fruits, vegetables, whole grains, beans, nuts, and seeds.
- **Add flavor:** Use herbs, spices, vinegars, and citrus to make healthy meals taste great.
- **Get support:** Change is easier with help. State of Maine health plan members have many options to support healthier eating, whether you prefer one-on-one guidance, group programs, or resources you can explore on your own. Learn more below.

Scan the QR code below to access this document in an online format.



Your State of Maine Nutrition Benefits and Resources



Meet One-on-One with a Dietitian: Your health plan covers [unlimited visits with a registered dietitian](#). Get personalized guidance on your current eating habits and support in building a plan that works for you.



Work with a Professional Coach: If you know the basics but struggle to make healthy habits stick due to stress, time constraints, or competing priorities, [Well-Being Coaching through the Living Resources Program](#) can provide practical support and accountability.



Join an Evidence-Based Program: You have access to several proven programs that help prevent chronic diseases through nutrition education and lifestyle changes, including [Wondr Health](#), [Virta Health](#), and the [National Diabetes Prevention Program](#) (eligibility requirements apply).

Did you enroll in the [Wellness Wallet Pilot Program](#) for 2026? You may be able to get reimbursed for healthy eating items, such as meal-planning or food-tracking apps, Community Supported Agriculture (CSA) shares, cookbooks, and more.

Looking for more? The WellStarME Resource Hub has over [70 nutrition resources](#) covering a wide range of topics, from [gardening in Maine](#) to [eating healthy on the go](#). If you need something you don't see, contact WellStarME at (207) 620-9202 or wellstar@mcd.org.