



March - "National Nutrition Month®" Fact Sheets/Posters

Fact sheets on this month's topic and/or on multiple topics can be put in a rack of fact sheets. They could be displayed in high visibility areas and where individuals may have time to read, such as clinic or pharmacy waiting areas, galleys, fitness centers, elevators, stairwells, ship's stores, or health promotion departments.

Fact sheets related to Nutrition are can be downloaded from the NMCPHC website at: http://www.nmcphc.med.navy.mil/Healthy_Living/ then click on Nutrition, then Additional Resources.

Nutrition Facts Sheets from the American Dietetic Assoc. can be found at: <http://www.eatright.org/Public/>

Posters:

Navy Morale, Recreation and Welfare (MWR), "Fitness and Nutrition Posters": <http://www.mwr.navy.mil/mwrprgms/fitness/NavyFitnessPosters.pdf>

U.S. Army Public Health Command at:

<http://phc.amedd.army.mil/topics/healthyliving/n/Pages/default.aspx>