

Project La Cena www.projectlacena.com

Upcoming Events

- > **March 29th 5-7 pm:** SADA Meeting: Diabetes Update (speaker Dr. Katselnik from Diabetes America) at UTHSC, North Campus, Health Professionals Building Room 2.104
- > **March 30th–April 2nd:** MANRRS National Conference (Invitation only): Kansas City, Kansas
- > **April 7th–April 9th:** Texas Dietetic Association (TDA) Conference (invitation only): Houston, TX

National Nutrition Month® 2011



National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme for National Nutrition Month is "Eat Right with Color".

National Nutrition Month first began as a week-long event in March 1973. "National Nutrition Week" became a month-long observance in 1980 due to a growing public interest in nutrition. This year's National Nutrition Month theme encourages consumers to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

Visit the ADA National Nutrition Month website (<http://www.eatright.org/nnm>) for more information, recipes, and other resources.

March Events and Highlights

Recently on March 7th, **Rayna Wooten, RD** from Nutrition Therapy Associates, Inc. and President of the San Antonio Dietetic Association (SADA), was a guest speaker at NLC and discussed how she began her career in nutrition, her area of specialty in the nutrition field, and why it is important to be involved in SADA.

Wednesday, March 9th was the fourth annual Registered Dietitian Day. San Antonio Mayor Julian Castro signed a proclamation declaring March as National Nutrition Month and March 9th as Registered Dietitian Day, which SADA celebrated by hosting RD Day at the Silo in Alamo Heights.



With questions

or comments, contact:

Stephanie Burns

Project Manager of La Cena

WLNS #215

Northeast Lakeview College

1201 Kitty Hawk Rd.

Universal City, TX 78148

Phone: 210.486.5381

E-mail:

slozano62@alamo.edu