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By:  Longoria H.R. No. 397

R E S O L U T I O N

WHEREAS, Across the country, March 2021 is being observed as National Nutrition Month to highlight the importance of making informed dietary choices and developing healthy eating and lifestyle habits; and

WHEREAS, National Nutrition Month is an education campaign created by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals; the academy, which today has a membership of more than 100,000 credentialed nutrition and dietetics practitioners, is dedicated to improving public health and advancing the profession of dietetics through research, education, and advocacy; and

WHEREAS, By promoting National Nutrition Month, the Academy of Nutrition and Dietetics is encouraging Americans to be more mindful of the way they eat and to consider making positive dietary changes; the organization's recommendations include eating more fruits and vegetables, reducing portion sizes, reading nutrition labels, avoiding added sugars, and exercising regularly; and

WHEREAS, Good nutrition plays a vital role in an individual's overall health, well-being, and quality of life, and the observance of National Nutrition Month provides a welcome opportunity for Americans to learn more about ways they can enjoy the benefits of a healthier diet; now, therefore, be it

RESOLVED, That the House of Representatives of the 87th Texas Legislature hereby recognize March 2021 as National Nutrition Month and extend sincere best wishes to the Academy of Nutrition and Dietetics and all those who are supporting the important goals of this campaign.