

By: Longoria

H.R. No. 397

R E S O L U T I O N

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

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

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

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

23 RESOLVED, That the House of Representatives of the 87th Texas
24 Legislature hereby recognize March 2021 as National Nutrition Month

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1 and extend sincere best wishes to the Academy of Nutrition and
2 Dietetics and all those who are supporting the important goals of
3 this campaign.