



NATIONAL NUTRITION MONTH® 2022

CELEBRATE A WORLD OF FLAVORS



Happy National Nutrition Month! National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. This year's theme is Celebrate a World of Flavors. Build a healthy plate by embracing global cultures, cuisines and inclusivity. Take a trip around the world and learn about how the countries listed below include a variety of diverse foods and flavors on their healthy plates.

JAPAN

Food in Japan symbolizes joy, celebration and connection to nature and people equally. Meals are not just about the ingredients, but the practice of food to best support the body and overall health. Nutritious Japanese food choices: edamame, fish, octopus, squid, shrimp, clams, fermented foods like sake, rice vinegar, miso and shoyu.

ZIMBABWE

A Zimbabwean-style meal means sitting on reed mats, taking turns washing hands in a hollowed gourd basin and then digging into the metal communal platters full of delicious food harvested from ancestral land. Crops consist of colorful vegetables, gourds, melons and indigenous grains such as millet, sorghum and corn. Nutritious Zimbabwean food choices: millet, sorghum, corn, okra, wild mushrooms, curry powder and insects (sustainable source of lean protein). Nutritious Zimbabwean food choices: sadza (millet-, sorghum- or corn-based thick porridge), okra, wild mushrooms, curry powder and insects (locusts, flying ants and mopane worms).

VENEZUELA

Venezuelan cuisine is centered around full and hearty produce, accompanied with robust and fascinating flavors. Cuisines have a lot of European influences, specifically Spanish, French, and Italian, as well as Indian, Dutch Caribbean, and African in some areas. Nutritious Venezuelan food choices: corn, beans, papaya, mango, watermelon, orange, tangerine, cantaloupe, pineapple, sweet chili peppers, limes, cilantro, spearmint, parsley and green onion.

SWEDEN

Swedish dishes are heavily influenced by seasonal and local food availability. The northern region experiences cold temperatures making rye, barley, root vegetables like potatoes, rutabagas and parsnips, and cruciferous vegetables easiest to grow. The forest also influences Swedish cooking – game meat, berries and mushrooms are staple ingredients in many recipes. Nutritious Swedish food choices: blueberries, raspberries, lingonberries, cloudberries, blackberries, root vegetables, cod, herring, shrimp, salmon, trout, perch and pike.