



## ***March is National Nutrition Month***

***Tablet friendly***

National Nutrition Month is held annually in March to focus attention on the importance of making informed food choices and developing sound eating habits. AgLearn can help you access a wealth of books to help you improve your nutritional choices. ***Start with these suggestions today!***

These courses will not launch on smartphones but try them on your computer or tablet today! Wi-Fi is recommended for the best experience. For more technical details, go to [http://documentation.skillsoft.com/en\\_us/support/index.htm#45670.htm](http://documentation.skillsoft.com/en_us/support/index.htm#45670.htm)

### **Nutrition For Dummies, 4th Edition**

Showing you how to manage your diet so you can get the most bang for your buck, this book gives you the "skinny" on how to put together a healthy shopping list, how to prepare foods that are good for the body and the soul, and 10 easy ways to cut calories.

### **American Dietetic Association Complete Food and Nutrition Guide, 3rd Edition**

Offering reliable nutrition information and positive advice for achieving optimal health, this book is packed with practical tips and flexible guidelines to help you choose nutritious, flavorful, and convenient foods that suit your needs and lifestyle.

## **The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care**

By showing you how to love your body, stop feeling guilty about eating the foods you love while allowing your weight to stabilize, this book offers 60 inspiring lessons that will give you the tools to change your relationship with food, your body and yourself.

## **The Gluten-Free Nutrition Guide**

Filled with new gluten-free eating strategies, the latest research, and dozens of tips on living better with celiac disease, this book demonstrates that a gluten-free diet doesn't have to mean taste-free, nutrition-free, and convenience-free.

## **The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods That Energize, Heal, and Help You Look Great**

Providing you with an irresistible compendium of food knowledge, this compilation of rankings offers an authoritative, informative, and enlightening go-to resource that pits one food against another and reveals the most beneficial foods in a variety of categories.

## **Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet**

Including an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources, this comprehensive, go-to guide debunks some of the most persistent myths about vegan nutrition and offers a six-step transition plan to get you started.

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