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ACL Nutrition Month Blog

Savoring Good Health

By ACL Staff

Most of us know that good nutrition is a critical part of being healthy—"you are what you eat" is an old adage for a good reason. Not only does healthy food fuel our brains and bodies, but a diet high in unhealthy food can reduce immunity, and even impair physical and mental development. For these reasons, good nutrition is particularly important for older people and people with disabilities.

This March, the Administration for Community Living celebrates [National Nutrition Month](#)® by taking time to emphasize our nutrition-based programs created under the Older Americans Act and the effects of food on brain health. National Nutrition Month is sponsored each year by the Academy of Nutrition and Dietetics. This year's theme is "savor the flavor of eating right." Our efforts in nutrition are important pieces of the larger puzzle of support that helps people thrive in their own communities.

To read the blog in full click [here](#).

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