



How to Fuel Your Body

Explore how best to fuel your body by browsing this month's resources. Learn about macronutrients, fad diets, and discover meal planning tips!

March 2025

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Complete this month's mini challenge!

March 5th

Complete a pantry or fridge inventory. What do you need to restock to promote eating at home?

March 6th

Drink at least 8 glasses of water today.

March 7th

Turn off your phone or other screens during all meals today. Focus on what you're eating, conversations or your surroundings.

Clinical Check-In

Take a minute to watch this month's Clinical Check-In with Dr. Russell Vinik.

[Watch Now](#) 