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Certain times of year remind me of specific memories. For example, I associate February and March with training for the Boston Marathon regardless of whether I am running the race in a given year or not. Whenever late June and early July roll around, I remember starting my job at the U.S. Department of Transportation soon after graduating from college. Who would have thought that working there would teach me so much about nutrition, but it did, and this month I am going to share some of those lessons.

Thanks,
Jonah



What Working at the USDOT Taught Me About Nutrition

Once I pivoted and went back to school to study nutrition, I realized in hindsight that working at the U.S. Department of Transportation had taught me more about nutrition than I ever would have expected. [Read More](#)



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