



March 3

Celebrate Healthy Eating

Do you know March is National Nutrition Month? To celebrate, try making healthy choices when eating. A good place to start is with fruits and vegetables. You

need **at least** 5 servings each day. The brighter the color, the higher the concentration of vitamins and nutrients packed into the fruit or vegetable. Here are some tasty ideas for you. Top your cereal off with bananas, blueberries or strawberries. Wouldn't those fruits also be great in a smoothie? Add veggies like peppers, spinach or broccoli to your pizza. Raw vegetables like carrots, celery, and cucumbers are great on their own or lightly dipped in a salad dressing. Mmm...try one of these treats this week!

March 10

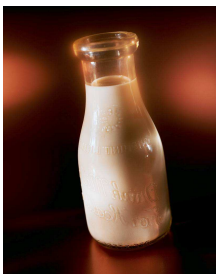
Go for the Grains

Foods in the grain food group, like bread, pasta, rice & cereal, supply your body with its energy for the day. Make half your grains WHOLE. In other words, out of the 6 grain servings you eat make at least 3 of them whole grain. Look for the word WHOLE in the ingredients. These grains are less refined, which makes them better for your digestive system. It takes your body longer to digest whole grains and gives you energy & nutrition at a more constant rate. Oatmeal, popcorn, whole grain bread, pasta and rice are some of the foods you can choose.



March 17

Milk Does the Body Good



No doubt calcium is essential for bone health. Milk & milk products also contain fast acting and slow acting proteins, and vitamin D as an additive. Vitamin D is known as the sunshine vitamin because we absorb it from the sun's rays. It not only helps your body use calcium, but it also keeps your heart

healthy and helps fight cancer and depression. Remember 3 dairy products a day ---milk, cheese or yogurt--- for healthy bones and teeth! Get a little sunshine and don't forget your dairy!

March 24

Eat Right and Be Active

Do you know that eating right and being active are as easy as 5, 4, 3, 2, 1?

Follow these easy guidelines:

5 – Eat 5 servings of fruits and veggies each day.

4 – Drink 4 glasses of water daily.

3 – Have 3 servings of low-fat dairy products everyday.

2 – Limit your screen time, that's TV, computer and video games, to 2 hours or less each day.

1 – Get up and move! Whether it's a sport, going for a walk, walking the dog or working out, it's important to be active for AT LEAST one hour a day.

Follow these tips for healthy living!

