



March is National Nutrition Month

HEALTHY TIPS

MAKE VEGGIES HALF OF YOUR DIET

MAKE PROTEIN & GRAINS THE OTHER HALF

VISIT YOUR LOCAL FARMERS'S MARKET

INCLUDE DARK LEAFY GREENS LIKE KALE & ARUGULA

AVOID SUGARY DRINKS

TRY PROBIOTICS LIKE YOGURT

TAKE A WALK AFTER LUNCH & DINNER

COOK AT HOME

EAT WITH FAMILY OR FRIENDS

VISIT [MYPLATE.GOV](https://www.myplate.gov) FOR MORE TIPS & RECIPES