

March is National Nutrition Month!

Good nutrition is key to good health. Try a rainbow of **fruits** and **vegetables** for better health:

Choosing in season fruits and vegetables with a variety of colors like **red**, **orange**, **yellow**, **green**, **blue**, and **purple** will give you a variety of healthy nutrients. See the suggestions below:

Vary Your Veggies: Go **dark green** and **orange** such as **spinach**, **broccoli**, **brussel sprouts**, **lettuce**, **carrots**, **sweet potatoes**, and **squash**.

Fruit Focus: Fruits are great for mealtimes and snacks. Include fresh, frozen, canned or dried.

Red: strawberries, apples, cherries, grapes

Orange/yellow: oranges, clementines, peaches, pineapples, bananas

Green: apples, grapes, kiwi

Blue/purple: blueberries, plums, raisins, blackberries, purple grapes. What color are mangoes anyway? Go easy on fruit juice.

Besides choosing fruits and vegetables, remember these healthy tips:

Grains: Make half your grains whole. Choose grains like whole wheat bread, brown rice, oatmeal, low fat popcorn.

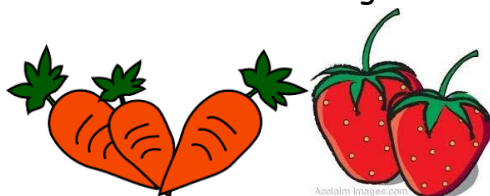
Protein: Go Lean: Eat lean meat, chicken, turkey and fish. Try more dried beans and peas.

Calcium is important for strong bones: Serve low

Oils: Get it from fish, nuts, and olive oil. Try coconut oil, it adds a great flavor and is super healthy.

Sugar: Choose foods that don't have sugar as one of first ingredients. Added sugar contributes calories with few nutrients. Other great choices include local honey and maple sugar.

Fats: Know your fats: Solid fats are higher in saturated and/or Tran's fats. Try



to limit these.