March 2023

CELEBRATE NATIONAL NUTRITION MONTH®

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QUICK TIPS TO NOURISH YOUR BODY:

- Make half your plate fruits and vegetables each meal
- Add color to your plate by choosing a variety of foods
- Move to low-fat or fatfree dairy milk or yogurt
- Increase your dietary fiber intake by opting for half your grains to be whole grains
- Change up your protein routine with beans/legumes, seafood and soy products.
- Look at nutrition labels to limit foods high in sodium, added salt and sugars, and saturated fats





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March is National Nutrition Month®

In the United States, <u>National Nutrition Month®</u> is celebrated in March to encourage individuals to make healthy and nutritious choices.

The weekly themes for Nutrition Month include Week 1-Eat with the environment in mind, Week 2- See a Registered Dietician Nutritionist, Week 3- Stay nourished and save money, Week 4- Eat a variety of foods from all food groups, and Week 5- Make tasty foods from home.

A great resource to help you discover what nutrition may look like for you is the <u>MyPlate Plan</u>. The MyPlate Plan shows your food group targets based on your age, sex, height, weight, and physical activity level.

For more information, visit the USDA's <u>MyPlate</u> website and/or the Michigan Fitness Foundation's <u>Healthy</u> <u>Choices Catch On</u>!

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