



March

As the weather gets warmer,
and the days get longer,
Remember that the best food
provides the best nutrition



National Nutrition Month

HOW To Boost Your Nutrition in March?

Do Eat

1. Fruits and Veggies
2. Things that grew
3. At meal times
4. At home
5. Foods
6. A colorful plate

Don't Eat

1. Fake foods
2. Synthetics
3. Through the day
4. In a drive thru
5. Pills
6. Neon or Day-Glo foods

