

## March

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



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## 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

