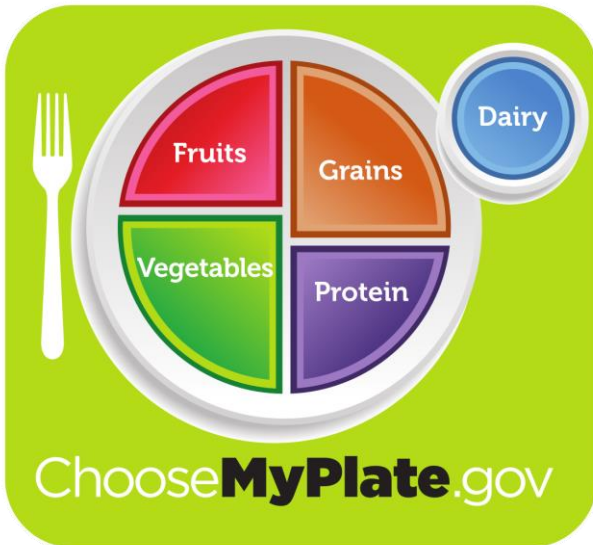


# MARCH

# NUTRITION NEWSLETTER



Each year during March, we celebrate National Nutrition Month by focusing on the importance of making informed food choices and developing sound eating and physical activity habits. This year is focused on understanding MyPlate, the benefits of healthy eating and physical activity.



MyPlate is a guide to help you develop a healthier eating style, which is also known as an eating pattern and includes all of the foods and beverages you eat and drink.

MyPlate divides the meal into five food groups. This helps us make better food choices and build a balanced meal. The five food groups include:

- Fruits
- Vegetables
- Grains
- Protein foods
- Dairy

Using MyPlate to find your healthy eating style now will help you build a healthy eating pattern over time.

## DAILY RECOMMENDATIONS:



**Fruit: 1 to 2 cups**



**Veggies: 1½ to 3 cups**

Recommendations for Grains, Dairy, and Protein will vary between individuals but listed below are some healthy options for each!



Whole Grain Bread,  
Brown Rice, Oatmeal,  
Quinoa

Beef,  
Chicken,  
Fish, Eggs,  
Beans/Nuts/  
Seeds,



Low Fat Milk,  
Yogurt,  
Cheese



## HEALTHY EATING PATTERNS CAN REDUCE THE RISK OF:

- Heart Disease
- Type II Diabetes
- Some Types of Cancers
- Overweight & Obesity

Research has shown that healthy eating patterns, which include the recommended amounts from each food group, can have a positive effect on our health.