



March Newsletter

National Nutrition Month

Make smart choices from every food group

Give your body the balance nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs. A healthy eating plan:

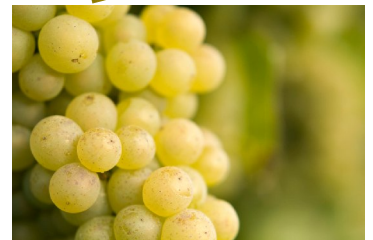
- Emphasizes fruits, vegetable, whole grains and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Get the most nutrition out of your calories

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

- Focus on fruits. Eat a variety of fruits—fresh, frozen or dried. For a 2,000 calorie meal plan, you need 2 cups of fruit each day.
- Vary your veggies. Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens.

- Get your calcium-rich foods. Have 3 cups of lower fat or fat free milk or an equivalent amount of low-fat yogurt and/or low fat cheese every day.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And vary you protein choices with more fish, beans, peas, nuts and seeds.
- Know the limits on fats, salt and sugars, read the nutrition facts labeled on foods. Look for foods low in saturated fats and trans



National Eye Wellness Month

I remember it like it was yesterday...suffering the most horrific eye injury imaginable. We were in the middle of a routine basketball team practice. One minute all was well and the next I am laid out on a stretcher headed to the emergency room. I was

blessed. I had great doctors and immediate medical attention and with time my eye fully recovered. The truth is, hundreds of people suffer preventable eye injuries every day.

Eye safety is critical.

- Keep sharp items out of reach of children.
- Wear protective goggles when working with machinery or chemicals.
- Have regular eye exams.
- Don't use mascara that is older than 3 months.

