

## March is National Nutrition Month

The foods we eat can keep us healthy and help to fight off chronic diseases. Small changes can be made to improve our eating habits. During the month of March, try a small change each week.



### Start the Day Right

One of the most common poor eating habits is grabbing something unhealthy in a hurry while heading out the door or skipping breakfast all together. To help change this habit, try meal prepping something the night before, think hard boiled eggs or overnight Oats. If something quick or on-the-go is needed, think of better options, such as Yogurt with Fruit or a Peanut Butter and Jelly sandwich.



### Cut Back on Salt

High blood pressure is common in America. One huge contributing factor to this is eating too much salt. Most processed foods, take-out foods fast foods are very high in salt. Try to prepare foods at home as often as possible. Skip the high sodium seasoning mixes and flavor with spices!



## **Reduce Your Sugar Intake**

**Too much sugar greatly increases your risk for obesity and diabetes. Many pre-packaged foods come loaded with sugar those foods don't even need. Many drinks, such as Fruit Punch, Iced Tea and sodas can contain almost a full day's amount of sugar! Check the nutrition label for sugar content. Look for ingredients such as "corn syrup," "fructose," "sucrose" or "granulated sugar" and avoid eating them on a regular basis.**

## **Start Good Habits Early**

**Start good eating habits with children as early as their first bite! The best way to get kids to have good eating habits is by watching your good eating habits!**

