

2018 March

Nutrition



Five Tips for Your Fridge Makeover

1. Vegetables - Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter.

2. Nuts and nut butters - These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews.

3. Fruit - Remember that fresh, frozen, dried, and canned fruits all count. Add a tablespoon of raisins or dried apricots to your morning oatmeal.

4. Eggs - Use a mug to scramble eggs for a quick breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

5. Salsa - A fresh salsa with tomatoes, jalapeños, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet.



Be sure to chat with your dietitian or nutritionist if you have questions about what nutrients are right for you.



Balanced Wellness



2018 March Nutrition

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

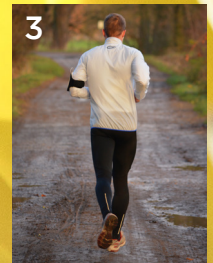
- 1.
- 2.
- 3.

1

Incorporate nutrition goals into your health focuses this month.

2

3



4

Add color to your meal with different fruits and vegetables.

Learn more [here](#).

5



6

Have a fun night in by cooking dinner with family or a friend.

7



8

9

Physical activity is anything that makes you move your body and burn calories.

Learn more [here](#).

10

11

12

13



14

Try adding a new fruit or vegetable to your lunches this week.

15



16

17

Try dancing while you are cooking to help get your heart rate up.

Learn more [here](#).

18



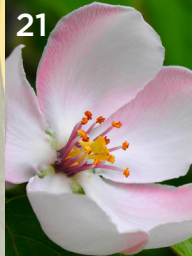
19

What healthy toppings do you add to burgers or sandwiches?

[Start with this healthy recipe.](#)

20

21



22

23

Are you meeting your health goals this month? Check them above.

24



25

26



27

How can you add steps into your day? Try taking the stairs at work or taking a short walk every hour.

28

29

30



31

If you met your health goals this month, celebrate with your favorite healthy meal!