



2017 March

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

Start this month focusing on your nutrition goals. Write your three new health goals to the left.

2

3



4

Make your desserts healthy this weekend by adding fruit to them.

Try this [recipe](#).

5



6

Fruits and veggies are important to a healthy diet.

Learn more [here](#).

7

8

9



10

Cooking can be more fun if you get help from a friend. Try cooking with someone this week.

11

12

Plan your tasty and nutritious meals for the week.

[Start with this healthy recipe.](#)

13



14

15

What colors are on your plate? Try to add more colors to your plate with fruit and veggies.

16

17



18

Are you making water a vital part of your diet?

Learn more [here](#).

19

20

Plan your grocery list before you go shopping. This will save you time and money.

21



22

23

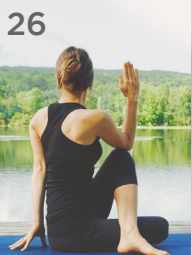


24

Does drinking water bore you? Try adding some fruit to your water for a flavorful twist.

25

26



27

28

Did you meet your health goals this month? Check them above.

29



30

Exercising and nutrition go hand in hand.

Learn more [here](#).

31

Focus on Nutrition

By following these tips



Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals.

2017 March



Choose smaller portions to help you stay within your calorie needs. Imagine you are plating for a gourmet restaurant.



Add more seafood to your diet. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease.

Try to add a salad to most meals. To make the salad interesting, add color with baby carrots, tomatoes, or red cabbage.

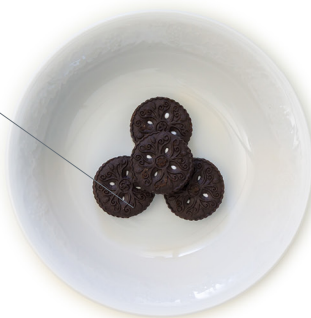
EAT your way HEALTHY



Make fruit and vegetables more appealing by making a smoothie. Try blending with fat-free or low-fat milk or yogurt.



Make sweet desserts and snacks a once-in-a-while treat and choose a small portion when you enjoy them.



Cut back on foods high in saturated fat. Try replacing them with foods high in unsaturated fats, such as avocado.



Cut-up your fruit to make a great grab-and-go snack.

