



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.



4
Make your desserts healthy this weekend by adding fruit to them.

Try this [recipe](#).

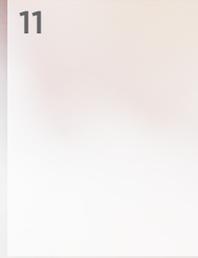


6
Fruits and veggies are important to a healthy diet.

Learn more [here](#).



10
Cooking can be more fun if you get help from a friend. Try cooking with someone this week.



12
Plan your tasty and nutritious meals for the week.

[Start with this healthy recipe](#).



15
What colors are on your plate? Try to add more colors to your plate with fruit and veggies.



18
Are you making water a vital part of your diet?

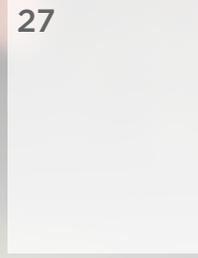
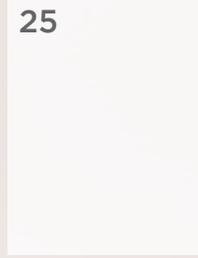
Learn more [here](#).



20
Plan your grocery list before you go shopping. This will save you time and money.



24
Does drinking water bore you? Try adding some fruit to your water for a flavorful twist.

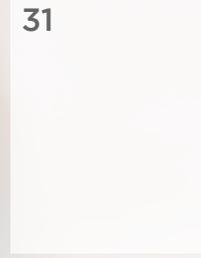


28
Did you meet your health goals this month? Check them above.



30
Exercising and nutrition go hand in hand.

Learn more [here](#).



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.

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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.



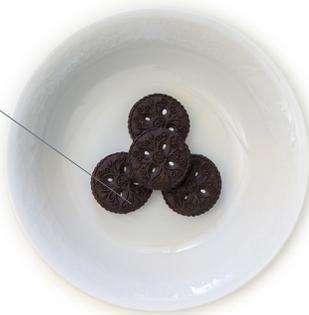
Try to add a salad to most meals. To make the salad interesting, add color with baby carrots, tomatoes, or red cabbage.

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.



Source: ChooseMyPlate.Gov