

# NUTRITION

## National Nutrition Month *Small Steps to Health*

March is National Nutrition Month and we know that good nutrition plays a crucial role in our overall health. This month, try at least one of these tips to promote a healthy life.



- Make at least half your grains whole



- Eat 2 ½ cups of vegetables and 2 cups of fruit daily



- Aim for 3 servings of dairy or dairy-substitutes per day



- Switch it up and choose a seafood product at least once a week



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