

March is National Nutrition Month!

Good nutrition is key to good health. Try a rainbow of **fruits** and **vegetables** for better health:

Choosing in season fruits and vegetables with a variety of colors like **red**, **orange**, **yellow**, **green**, **blue**, and **purple** will give you a variety of healthy nutrients. See the suggestions below:

Vary Your Veggies: Go **dark green** and **orange** such as **spinach**, **broccoli**, **brussel sprouts**, **lettuce**, **carrots**, **sweet potatoes**, and **squash**.

Fruit Focus: Fruits are great for mealtimes and snacks. Include fresh, frozen, canned or dried.

Red: strawberries, apples, cherries, grapes

Orange/yellow: oranges, clementines, peaches, pineapples, bananas

Green: apples, grapes, kiwi

Blue/purple: blueberries, plums, raisins, blackberries, purple grapes. What color are mangoes anyway? Go easy on fruit juice.

Besides choosing fruits and vegetables, remember these healthy tips:

Grains: Make half your grains whole. Choose grains like whole wheat bread, brown rice, oatmeal, low fat popcorn.

Protein: Go Lean: Eat lean meat, chicken, turkey and fish. Try more dried beans and peas.

Calcium is important for strong bones:

Oils: Get it from fish, nuts, and olive oil. Try coconut oil, it adds a great flavor and is super healthy.

Sugar: Choose foods that don't have sugar as one of first ingredients. Added sugar contributes calories with few nutrients. Other great choices include local honey and maple sugar.

Fats: Know your fats: Solid fats are higher in saturated and/or Tran's fats.





Poison

Poison Prevention

The 3rd week in March is designated as Poison Prevention week! Please talk to your children about the dangers of common household products and medication.

POISON: Poison is something that can make you sick, hurt or kill you if it gets into your body. Poisons can be found inside and outside of our homes. Grown-ups sometimes use poisons to do things around the house, like cleaning floors, washing clothes, killing bugs and killing weeds. Poisons are only good if they are used the right way. They can make you sick and hurt you if they get in your body. We should never play with, touch or taste poisons.

MEDICINE: Medicine is something given to us by a grown-up to make us feel better when we are sick or hurt. Vitamins are a kind of medicine some people take to keep them healthy and strong. We only take medicine when a grown-up gives it to us. Medicine and vitamins come in many pretty colors and shapes. Medicine may be confused with things that look and taste good, like candy.

