

### MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month®. Celebrate the importance of nutrition with your family with these helpful tips.



#### balance your plate.

Fill half your plate with seasonal fruits and vegetables. A fourth of the plate should be proteins like meat, poultry or fish, and another fourth wholesome grains. Round out the meal with milk or yogurt.

#### focus on food.

Try to avoid doing other things, such as watching TV, while you eat. This helps you enjoy flavors and feel more satisfied.

#### drink more water.

Water is key to staying well-hydrated. Try using a fun water bottle to help your child avoid only wanting sugary drinks.

#### smarter snacking.

Plan nutritious-rich snacks ahead of time to keep your kids or yourself on track. Try keeping healthy snacks in your car, backpack or desk.



#### infant inspiration

Are you interested in preparing your own baby food? Start with a few homemade items to supplement store-bought baby food. A great place to start is by mashing a very ripe avocado or banana.



#### toddler tales

Establish a snack schedule for your constantly snacking toddler. Most toddlers can go at least two hours between meals and snacks, so schedule a mid-morning, mid-afternoon and evening snack, so your toddler will feel there are plenty of opportunities to eat.



#### preschool power

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