

# National Nutrition Month

## March 2016



### 1. Eat Breakfast

Start your morning with a healthy meal that includes lean protein, whole grains, fruits, nuts and vegetables. Breakfast refuels your body, giving you energy to seize the day.

### 2. More Fruits & Vegetables

Make sure half of each meal consists of fruits and vegetables. Fruits and veggies add flavor, vitamins, minerals and fiber to your plate.

### 3. Rainbow of Options

Specific nutrients have specific colors. The deeper the color of a vegetable or fruit, the more of that kind of nutrient it has. Adding variety gives your body a wide range of valuable nutrients.

### 4. Watch Portion Sizes

Grab a measuring cup to be sure your portion is equal to the recommended serving size. Use smaller plates and cups to keep portions under control.



### 5. Put Your Fork Down

It takes 20 minutes after eating for your stomach to tell your brain it's full. Put your fork down on the table and let go between bites. Slowing the pace you eat improves digestion and helps prevent overeating.

### 6. Drink More Water

Your body needs water to regulate temperature, transport nutrients and oxygen to cells, and carry away toxins. Lack of water leads to dehydration, and inability to perform normal functions.

### 7. Be Active

A 15 minute post-meal walk helps aid digestion, improve blood sugar levels and burn calories. Physical activity also lowers blood pressure and helps your body control stress.



## 7 Quick Tips for Health



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