

March 2024 Newsletter

“Nutrition: Bite Into
a Healthy Lifestyle”



March is National Nutrition Month. This year's theme is “Beyond the Table”, which focuses on:

- Staying nourished on any budget.
- Seeing a Registered Dietician Nutritionist.
- Eating a variety of foods from each food group.
- Eating with the environment in mind.

Important Dates:

March 12th:

SC Thrive Financial Health 102 Training
6:30 pm-8:30 pm.

Be on the lookout for an email from
your coach with the registration link !

Healthy Eating Tips:

- Make half your plate fruit and vegetables.
- Make at least half your plate whole grains.
- Vary your protein choices.
- Switch to fat-free, low-fat milk, yogurt, and cheeses.
- Be mindful of portion sizes.
- Stay hydrated.
- Limit sodium, saturated fat and added sugars.
- Cook at home !

Check out this Healthy Recipe
For Sticky Bun Inspired Energy
Balls For A Yummy Snack !

**SCAN
ME!**

