

March is National Nutrition Month!

The [National Nutrition Month](#)® 2020 theme is *Eat Right, Bite by Bite*. Make small goals and changes. Nutrition doesn't have to be overwhelming.

Here are some tips to help you start making small changes:

- **Make Half Your Plate Fruits and Vegetables** – Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- **Watch Portion Sizes** – Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.
- **Drink More Water** – Quench your thirst with water instead of drinks with added sugars.
- **Get Cooking** – Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. Need recipe ideas? Click [HERE!](#)
- **Slow Down at Mealtimes** – Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

WORKING FOR A HEALTHIER TN



March Health Observances

[National Sleep Awareness Week](#)

March 8-14, 2020

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