

March is National Nutrition Month

Focus on
fruits



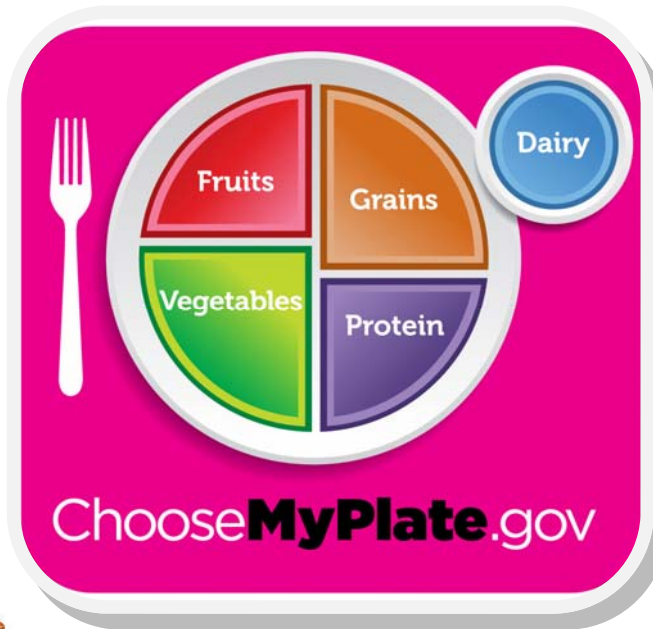
Eat more
whole grains



Get your
calcium-rich
foods



Vary your
veggies



Go lean
with protein



Talk with Your Care Team

