



March 2018 | Volume 3

Challenge: **“Color Your Plate”**

Eating a diet rich in fruits and vegetables can improve heart health, lower blood pressure, improve kidney function, and reduce bone loss. That’s why our next challenge focuses on eating plenty of fruits and vegetables! Registration opens March 12 and the challenge begins on March 26th and ends on April 22nd.



Color Your Plate Challenge

Webinar: “The Skinny on Popular Diets”

You can learn to differentiate the truth from false advertising of some of the most popular diets on the market today, by watching our latest webinar. You will discover that sound nutritional principles focus on moderation, portion control and exercise.

Harvest of the Month:

Spinach: The possible health benefits of consuming spinach include improving blood glucose control in people with diabetes, lowering the risk of cancer, reducing blood pressure, improving bone health, lowering the risk of developing asthma, and more.



National Nutrition Month and Colorectal Cancer Month:

March is Colorectal Cancer Awareness and National Nutrition Month. Proper nutrition improves your chances of maintaining health and can decrease the risk of cancer. National Nutrition Month and Colorectal Cancer Awareness month both seem to be intricately related to the importance of promoting a healthy diet and lifestyle.

