**Health & Wellness Tip of the Month:**

*March is National Nutrition Month – How to Build a Healthy Food Plate*

There is so much information out there about nutrition and diets. It is often overwhelming and confusing about what food to eat. An easy why to do this is to think before you eat and focus on building a healthy plate. You can do this by dividing your plate into 4 quarters:

* Approximately two quarters, or half, of your plate should be fruits and vegetables
  + Eat colorful fruits and vegetables in your main and side dishes
  + Focus on whole fruits more often than 100% juice
  + Vary your vegetables
* One quarter of your plate should be protein
  + Choose lean meat
  + You can include fish twice a week
  + Beans provide protein and fiber
* One quarter of your plate should be grains
  + Make half your grains whole grains
  + Look at food labels to make find high fiber, whole grains
* Move to low-fat and fat-free dairy

Begin by making small changes. For more information <https://www.choosemyplate.gov/>

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