

NUTRITION FOR HEALTH



March is National Nutrition Month and Colorectal Cancer Awareness Month.

Did you know that eating plenty of fruits and vegetables may help in preventing certain cancers, including colon-rectum cancer?

Learn more about how your nutritional habits can help with cancer prevention.

Click here to take a quick quiz, and learn facts, on the BCBS website:

[What Do You Know About Nutrition and Cancer](#)

Is it time for your colorectal cancer screening? Everyone age 50 and older, and younger individuals if there is a family history of colorectal cancer or colorectal polyps, should have regular screenings.

Check with your doctor to see if your screening is up-to-date. Click here:

[Colorectal Cancer Screening Information](#)

to learn more about colonoscopy screening guidelines, and helpful links, from Harvard Pilgrim.

National Nutrition Month is a great time to assess your intake of fruits and vegetables. Are you getting the recommended daily amount?

Creating your own smoothie may be the just the solution for adding fruits and vegetables to your diet.

Click here to read:

[Anatomy of a Smoothie](#) on Fallon's Wellness Blog.

Through healthy eating, you can help prevent and control health issues, and fuel your body for daily activities.

Visit the Tufts website, www.tuftshealthplan.com, and put "Ten Tips for Healthy Eating" into the search engine. Then click on the article for quick, easy tips towards healthy eating habits.

ADDITIONAL RESOURCES:

To learn more about colorectal cancer, click here: [American Cancer Society](#)

For more tips on healthy eating, click here: [USDA Choose My Plate](#)