

MARCH WELLNESS:

SIMPLE NUTRITION TIPS



March is National Nutrition Month. It is a good time to check out the U.S. Department of Agriculture's website: [MyPlate](https://www.myplate.gov). This website is a great resource for eating healthy, including topics such as: budget-friendly food, eating plans, healthy recipes and tips for nutrition goals.

From this website, you can also read and download the
Dietary Guidelines for Americans, 2020-2025.

MyPlate gives information on the 5 food groups: fruits, vegetables, grains, protein and dairy.

Some of the simple tips offered on healthy eating include:

- *Making 50% of your plate fruits and vegetables, to gain a variety of benefits.*
- *When consuming fruit, opting for whole fruits the majority of the time.*
- *Eating a variety of vegetables and opting for "reduced sodium" or "no salt added".*
- *Choosing low-fat or fat-free dairy products, to decrease saturated fat and calories while still getting important nutrients and calcium.*

Additional tips for healthy eating from the Dietary Guidelines for Americans include:

limiting added sugars to less than 50 grams per day
limiting saturated fats to less than 22 grams per day
limiting sodium to less than 2,300 milligrams per day

Also, remember to *stay active: aiming for 150 + minutes of physical activity per week* for adults.

To reach additional information on these tips, click here: [Start Simple with MyPlate](https://www.myplate.gov)

To reach the website on MyPlate with many resources on healthy eating, click here:

[MyPlate U.S. Department of Agriculture](https://www.myplate.gov)