



If you're thinking of making any diet-related changes, **Nutrition Month** is a perfect time to do it.

MARCH 2019

## A BETTER WAY TO EAT WELL

*sharing meals encourages you to eat healthier.*

**Most Americans don't get enough vegetables and fruit**, so start by adding an extra serving or 2 to your daily meals or snacks. Have a salad with meals, add stir-fries to the menu or enjoy fruit as a between-meal snack.

**Which vegetables are the healthiest to eat?** They are all amazing, but dark leafy greens have the best reputation for their high nutrient value. They are low in calories, but filled with fiber, iron, folate and vitamins A, C and K. Choose kale, spinach, arugula, Swiss chard, mustard greens, bok choy or any other favorites.