

March is.. **National Nutrition Month**

26 million
Americans
have
Diabetes



Cancer
strikes
every one in
three adults

1 in 3 children
are now
overweight or
obese

35% of
Americans
have heart
disease

1/3 of
adults are
considered
obese

1. Eat Breakfast
2. Watch Your Portion Sizes
3. Be Active
4. Fix Healthy Snacks
5. Get Cooking
6. Drink More Water
7. Get To Know Food Labels
8. Make Half Of Your Plate
Fruits and Vegetables

