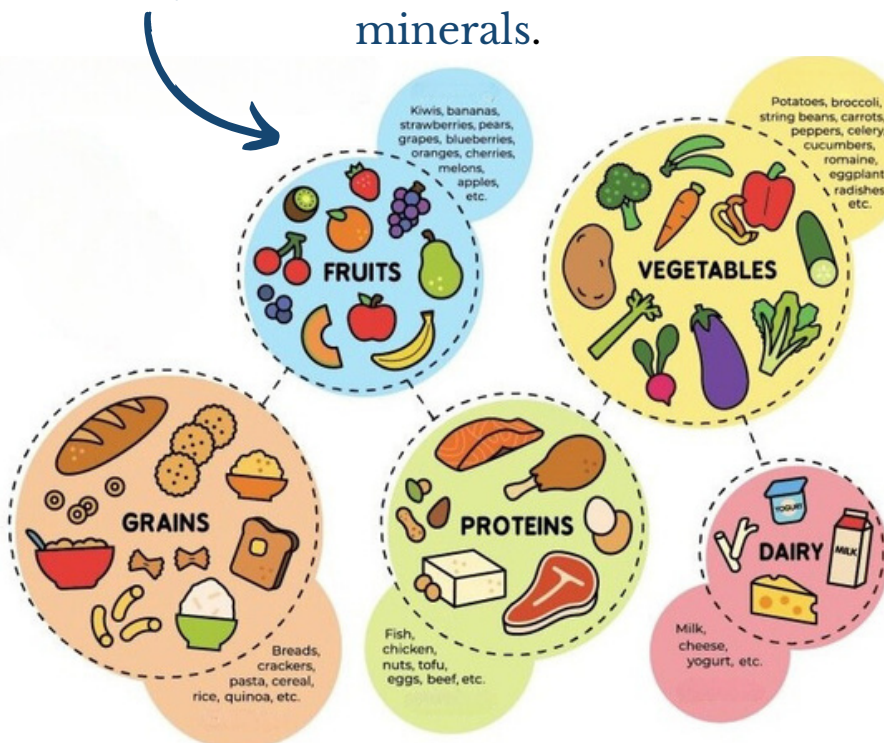


NATIONAL NUTRITION MONTH

March is National Nutrition Month, and this month is used to focus on the importance of making informed choices about your food. To start making healthy choices about your diet, use the following tips:

- Plan out weekly meals. This may assist in easy shopping while meeting nutritional needs.
- Use FDA's Nutrition Facts label when grocery shopping to compare ingredients in different food items.
- Speak with your provider about your specific nutritional needs based on your health.

Food groups to implement in your daily meals include **fruits**, **vegetables**, **grains**, **protein** and **dairy**. It is important to eat foods from these groups to ensure you are getting an appropriate amount of **carbohydrates**, **fats**, **protein**, **vitamins** and **minerals**.



MENTAL HEALTH CORNER

World Bipolar Day takes place on March 30th, aiming to raise awareness of bipolar disorder and decrease stigma. Bipolar disorder is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

Learn more at:

[mayoclinic.org](https://www.mayoclinic.org) 