

MARCH

NATIONAL NUTRITION MONTH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 National Peanut Butter Lover's Day. Enjoy some PB with a fruit or vegetable.</p> <p><u>Event:</u> Create a healthy meal with our mix-and-match food game.</p>	<p>2 Try a new purple fruit or vegetable. Eggplant, plum, blueberries, or blackberries.</p>	<p>3 National Soup It Forward Day. Try a healthy Minestrone or lentil soup today!</p>
<p>4 Try a new recipe with beans. Pinto, Fava, Black, Adzuki, Mung, or Garbanzo.</p>	<p>5 Cut down on salt by using spices and herbs for flavor.</p>	<p>6 Try using a new healthy oil. Grape-seed oil, coconut oil, avocado oil, or sesame oil.</p>	<p>7 Try a new herb in your cooking. Sage, thyme, tarragon, and lemongrass.</p>	<p>8 Try a new red fruit or vegetable. Raspberries, pomegranate, red pepper, dragonfruit or radishes</p>	<p>9 National Day of Unplugging Try to go at least half of the day without electronics.</p>	<p>10 Try a new physical activity. Take a class, search a video on the internet, work out with a friend.</p>
<p>11 National Pack Your Lunch Day Start off the week right with a healthy lunch from home.</p>	<p>12 Meatless Monday. Get your protein from tofu, seitan, nuts, seeds, or beans.</p>	<p>13 Try a new whole grain. Quinoa, millet, teff, or bulgar.</p>	<p>14 National Pie Day Try a slice of whole wheat veggie pizza.</p>	<p>15 Try a new green fruit or vegetable. Swiss chard, kale, or arugula.</p>	<p>16 Make a healthy smoothie mocktail to celebrate Friday. <u>Event:</u> Enjoy a presentation on a variety of whole grains</p>	<p>17 Create a new healthy breakfast. Oat bran pancakes or a veggie fritatta.</p>
<p>18 Spice up your life. Try a new spice. Turmeric, cumin, or coriander.</p>	<p>19 National Laugh Day. Relieve your stress today with a good laugh.</p>	<p>20 Eat cruciferous vegetables. Try kohlrabi, cabbage, brussel sprouts, or bok choy.</p>	<p>21 Celebrate Spring! Take a walk outside today.</p>	<p>22 Try a new white vegetable. Turnip, dikon, or cauliflower.</p>	<p>23 National Chia Day. Try Chia seeds in a new recipe like chia pudding or to replace an egg in baking.</p>	<p>24 Do something active with your family. Go for a hike or play a game in the yard.</p>
<p>25 Self-care Sunday. De-stress by meditating for 10 minutes.</p>	<p>26 National Spinach Day. Try a new recipe using spinach to celebrate the day.</p>	<p>27 National Diabetes Awareness Day. Look at the amount of sugar on some of your favorite snacks or drinks.</p>	<p>28 Eat mindfully. Focus your attention on eating. Sit with your family with no distractions.</p>	<p>29 Try a new orange vegetable. Orange peppers, pumpkin, or kabocha.</p>	<p>30 National Take a Walk in the Park Day. Find a new park to take a walk in.</p>	<p>31 Recreate your favorite dessert using healthy modifications.</p>