

November 2021

NOVEMBER – GOOD NUTRITION MONTH

Good Nutrition Month serves as a reminder to continue healthy eating habits as we enter the holiday season!

Tips to keep your body healthy:

- Eat fruits, vegetables, whole grains, and lean protein each day.
- Drink mostly water.
- Enjoy less healthy foods in moderation.
- Eat out less, eat at home more.
- More produce, less food from a package.