



# March 2023

## Boost Your Mood With Food!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RECIPE            BLOG            HACK			1 Adding nutritious snacks into your diet can improve your emotional well-being.	2  <a href="#">Dark chocolate has potential health benefits, when enjoyed in moderation.</a>	3  <a href="#">Avocados are a great source of healthy fat and fiber which may boost your heart health.</a>	4 Eat the peel! An unpeeled organic apple contains up to 300% more vitamins than a peeled one.
5  <a href="#">The foods you eat can determine how well you get through allergy season.</a>	6  <a href="#">Use your internal hunger scale to evaluate hunger levels.</a>	7  <a href="#">Yogurt parfaits are a sweet treat that can support digestive health.</a>	8 <b>International Women's Day</b> Did you know, in general, women have higher vitamin and mineral needs than men?	9  <a href="#">Eating blueberries on a regular basis may improve brain health.</a>	10 Dedicate 1/2 of any plate you eat with healthy veggies/fruits.	11  <a href="#">Veggie burgers are loaded with fiber which can be good for your heart and colon.</a>
12  <a href="#">Taking a light walk after meals can boost your digestion.</a>	13  <a href="#">Embrace food as more than just fuel for your body.</a>	14 Shop the rainbow! Pick a variety of colors when buying produce for more nutrients.	15  <a href="#">Try homemade baked veggie chips for a salty treat.</a>	16 Reducing processed foods may help you feel more focused.	17  <a href="#">Eating berries can help fight off certain viruses in your body.</a>	18 Put snack veggies at eye level in the fridge.
19  <a href="#">Swap lettuce or cabbage wraps for tortillas or pitas.</a>	20 Extra virgin olive oil is one of the healthiest cooking oils.	21  <a href="#">World Water Day: Tips for Drinking More Water</a>	22 The bacteria in your gut are incredibly important for overall health.	23  <a href="#">Eat foods high in antioxidants to boost your immune system.</a>	24 Get a goodnight's sleep to help maintain healthy appetite hormones.	25  <a href="#">Let vegetables run the show on pasta night.</a>
26 Pack a handful of nuts for a healthy on-the-go snack.	27  <a href="#">Keep your gut healthy to lower your health risks.</a>	28 Reduce sugar by swapping out soda for flavored seltzer water.	29  <a href="#">Replace potatoes with jicama for a low sugar and nutritionally dense alternative.</a>	30 Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.	31  <a href="#">Support your bones with calcium rich foods.</a>	

\*\* Always consult your physician before starting a new diet or exercise routine

## Well-being Webinar - Register Here:



### Food as Medicine: Reduce stress, restore calm, and recharge

Wednesday, March 15, 2023 @ 11am CST

This Well-being Calendar is Sponsored By:



Well-being Benefits Team - Updated 2.21.23