

April Daily Health Announcements



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| <p>Spring is all about new beginnings, opportunities and growth. This is a great time to quietly and think about ways you want to grow and create healthy habits this spring!</p> | <p>Yellow fruits and vegetables are a great source of vitamins and antioxidants that can fight off cancer and help our heart and eyes. Certain yellow foods, such as mangos and bananas, are beneficial to the skin because of the high levels of vitamin A in them.</p> | <p>Purple fruits and vegetables are rich in anthocyanins, which are natural plant pigments that provide foods with their unique color! These benefit brain health, lower inflammation, and fight cancer and heart disease.</p> | <p>Lycopene is what gives watermelon its red color. Lycopene is a fight-o-chemical (phytochemical) which means it helps us fight off sickness!</p> | <p>Sometimes we eat because we feel bored. When feeling anxious or unsure of what to do, try doing a fun physical activity instead!</p> |
| <p>Fat is an important part of a healthy diet. Fat from the diet gives us energy and helps us feel full. Fat comes from nuts, oils, butter, and meats. Some kinds of fat are better than others and are good for our health.</p> | <p>Healthy dairy foods include low-fat milk, cheese, and yogurt. There is dairy in other foods, like ice cream, butter and sour cream, but these have more sugar and fat than our bodies need!</p> | <p>Avocado provides fiber, healthy fats and antioxidants. If you're not a big avocado fan, try it in a smoothie! You can't taste it so it's a neat way to enjoy the many benefits of avocado!</p> | <p>Beans and legumes are rich in nutrients such as protein, fiber, B-vitamins and calcium! Legumes are similar to meat in the nutrients it provides our body, but with no unhealthy fats. There are more than 18,000 different plants in the Legume or pea family!</p> | <p>Greasy foods are often fried, which means that they're cooked in a lot of oil, which is not healthy for our heart. That's why greasy foods are snacks we only want to eat on special occasions!</p> |
| <p>Some people are sensitive or allergic to dairy foods. Plant-based milks, like soymilk or almond milk, contain calcium and protein like dairy, so people who can't drink cow's milk can drink these instead!</p> | <p>Did you know Michigan is the number one state in blueberry production, with over 100 million pounds of blueberries every year? Blueberries are literally bursting with nutrients and flavor!</p> | <p>Pasta was first eaten in China, not Italy, like most people think! The earliest known noodles found in China are dated to 4 thousand years ago. Remember whole grain pasta is healthiest for our body!</p> | <p>The plant pigment called anthocyanin is what gives blue and purple fruits and vegetables their color. Beets, grapes and blueberries are great examples! Fruits and veggies that are purple or blue help our brain and heart!</p> | <p>Blue fruits and vegetables should get their own space on your plate! They contain powerful nutrients that help boost brain function and improve heart health!</p> |
| <p>We all have challenging moments. When you feel stressed, close your eyes, take a deep breath and think of something that makes you happy. Sharing a smile can make your day!</p> | <p>Did you know added sugars are not only added to our drinks, but are in many processed foods that we eat? It's important to read the nutrition label and consider our portion sizes so we don't eat too much added_sugar!</p> | <p>Pasta was first eaten in China, not Italy, like most people think! The earliest known noodles found in China are dated to 4 thousand years ago. Remember whole grain pasta is healthiest for our body!</p> | <p>Eating snacks helps us get by between meals. When we feel grumpy or tired, it may be our body telling us we are hungry or thirsty! Try a glass of water and a healthy snack from MyPlate!</p> | <p>One way to have healthy bones is to move your body! Jumping, skipping and running are all great ways to keep strong bones!</p> |

Social media graphics for the month of April can be found [here!](#)