

# March Daily Health Announcements



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| <p>Did you know BHC has helped kids eat 40% more fruits and vegetables than average? Fruits and vegetables are important for our bodies because they provide vitamins, minerals, fiber and hydration! Make sure to fill half your plate with fruits and vegetables at every meal!</p>   | <p>Did you know almonds are members of the rose family? They are also related to the peach and the apricot. Almonds and other nuts have healthy fats that make us feel satiated (the opposite of hungry)!_</p> | <p>Lunch is an important meal for everyone. It provides energy and nutrients to keep the body and brain working efficiently through the afternoon. Lunch made at home can be healthy, delicious, and gives you control over the foods and ingredients included!</p> | <p>Vitamin E comes in many foods, like avocado or pumpkin. It keeps hearts healthy, protects cells and tissues from damage and helps red blood cells. Other food sources of Vitamin E include whole grains, leafy green vegetables, vegetable oils, egg yolks, nuts and seeds!</p> | <p>Did you know Building Healthy Communities has made it easier for most students to pay attention when doing their studies? 74% reported so! Getting enough sleep, eating a healthy breakfast, and taking physical activity breaks throughout the day helps us focus and learn better!</p>  |
| <p>March is National Nutrition Month! It is a time to focus on making informed food choices and developing <u>healthy eating and physical activity habits!</u></p>  | <p>It's National Reading month! Reading at night instead of watching tv can help us fall asleep, and sleep is very important! Aim to get at least 8 hours of sleep every night!</p>                            | <p>Have you ever tried feta cheese? Try it in a salad or smoothie for a yummy kick! Cheese provides a good source of calcium, which helps to build and maintain bones and teeth!</p>  | <p>Although humans are omnivores, which means eating both plants and animals, many people choose not to eat meat and are vegetarian. Those who don't consume any products from animals, like eggs or dairy, are known as vegans.</p>   | <p>Pineapple is an impressive source of vitamin C and helps with digestion. Vitamin C in pineapple fights cancer, reduces inflammation, <u>and boosts the immune system.</u></p>   |
| <p>Take time when eating and enjoy your food! It's important to chew slowly and be mindful of the taste and feel of what we are eating. This helps us tune into how certain foods make our body feel!</p>   | <p>Avocado is an ideal source of healthy fats, fiber and antioxidants. Avocado goes well with all kinds of flavors such citrus, chocolate and berries</p>  | <p>Did you know Michigan is the largest producer of both asparagus and squash in the country? Eating local produce is healthy for us and the environment too!</p>   | <p>Whole grains give us energy and make us feel full, which makes them a great breakfast food, like oatmeal! You can add blueberries and milk to add more food groups and get your day off to a great start!</p>   | <p>Every day is full of ups and downs. Today, try moving through your downs by taking 5 deep breathes and thinking positive thoughts.</p>  |
| <p>Sugars in your diet can be naturally occurring or added. Reading the ingredient label on packaged foods can help to identify added sugars. Sometimes they can be hard to identify because there are over 60 different names for sugar listed on food labels! It is healthiest to consume natural sugar, such as fruit!</p> | <p>Quinoa is a whole grain which dates back to ancient Incan civilizations. It was very important and was so called the "Gold of the Incas." Remember that whole grains give us lasting energy!</p>            | <p>Did you know our teeth is the only part of the human body that cannot repair itself? That's why it is important to take care of our teeth and make sure we consume Calcium <u>to help them</u> stay strong!</p>  | <p>Snacks like cookies, cakes or other desserts contain a high amount of sugar, which can cause tooth decay. If you eat these foods, limit when you eat them, instead of snacking on them through the day, and brush your teeth afterward.</p>                                     | <p>Did you know there are 3 kinds of fat? Unsaturated fats are found in plants and fish and are good for heart health. Saturated fats are found in meat, butter and cheese. Eating too much saturated fat can be unhealthy to our heart. Trans fats are found in snack foods, cookies, cakes and fried foods and are also unhealthy for our heart.</p> |

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