

# May Daily Health Announcements



<p>Red fruits and vegetables are colored by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy!</p>	<p>Did you know a dehydrated brain works harder to accomplish the same amount of activity as normal? Staying hydrated affects how we feel, think and function day to day! Remember to drink water when you feel thirsty or need a refresh!</p>	<p>Coconut water is high in potassium, an important mineral and a type of electrolyte. Coconut water is a low-sugar alternative to sports drinks. It provides hydration and electrolytes, which is what our body needs after exercise!</p>	<p>When you watch TV, you are usually sitting on the couch, which we call being sedentary. Sitting for too long can be bad for our health. Try doing many jumping jacks, sit ups or another physical activity during commercials!</p>	<p>Mangoes are one of the most popular fruits around the world and they have both vitamins A and C, which can help prevent sickness!</p>
<p>When you have the option, it is healthiest to choose white milk over chocolate, since it has less sugar! Avoid other flavored milks too, like strawberry or vanilla, since they have added sugar that our bodies don't need!</p>	<p>Did you know there are 8 types of B vitamins? B1, B2, B3, B5, B6, B9, B12, and biotin. Many of these vitamins have different functions, but the overall function of vitamin B is giving us energy! It also promotes cell health (produces red blood cells), healthy brain function, and good digestion.</p>	<p>You can get all eight B vitamins by eating a variety of foods: Meat, Whole Grains, Eggs and dairy products, Legumes, Seeds and nuts, And Dark, leafy vegetables like spinach or kale!</p>	<p>Did you know May is National Bike month? Biking is a great exercise for our leg muscles. Practice bicycle safety when riding by wearing your helmet and watching out for cars!</p>	<p>There are two groups of melons: watermelons and muskmelons. The most familiar muskmelons include cantaloupe and honeydew!</p>
<p>Apples are a great source of nutrition. They are high in fiber and vitamin C. Our body can't produce vitamin C, so we must get it from foods. Other foods with vitamin C include cantaloupe, red bell pepper and oranges!</p>	<p>Cucumber contain vitamin C, A, B, and K. Try putting a few slices of cucumber in your water for flavor and a nutrient boost! It will replenish your electrolytes, like potassium, calcium, magnesium, phosphorus, and sodium!</p>	<p>Did you know a whole grain has 3 parts? The outer shell and the inner core are where most nutrients come from like vitamins, healthy fats, and fiber, which is what makes us feel full! <a href="#">See Graphic</a></p>	<p>A grain that is not whole is called a 'refined grain' and only contains one part (the middle) of the grain. 'Refined' means 'changed' or having parts removed. It still gives us energy but has less nutrients.</p>	<p>You will know if a grain is whole if the package says so! There is also a whole grain stamp you can look for. It will tell you how much of the food is made of whole grains.</p>
<p>Our bodies need vitamins and minerals to grow and develop, and each one has a special role to play. B vitamins help the body convert food into fuel for our body, giving us energy. It also helps improve blood flow. You can get this from nuts, fish, meats and dairy.</p>	<p>Foods are put into groups because they are similar in some way; how it's made, where it comes from or what nutrients it provides our body. We should try to eat from all 5 groups every day because each food group helps our bodies in different ways!</p>	<p>When early explorers saw pineapple, they thought they looked like pinecones, which is how the tropical fruit got its name! Pineapple helps boost our immunity and aids digestion!</p>	<p>Are snacks healthy? It depends on the type of snack it is. Some are healthy, while other don't help our bodies. Healthy snacks keep our bodies satisfied until our next meal. Foods that fit into the 5 MyPlate food groups make great 'anytime' snacks!</p>	<p>Cucumbers have a high water content, which helps with hydration. Cucumbers are full of vitamins and minerals too, like vitamins C and K and potassium. They also have fiber which helps to fill you up!</p>

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