

March Newsletter

As we warm each other up with our bright smiles, it is time to “March” on to good nutrition. Research shows that good nutrition lowers the risk for many chronic diseases, including heart disease, stroke, some types of cancer, diabetes, and osteoporosis. There are simple steps we all can take to eat healthier at home **and** outside the home.

The *2015-2020 Dietary Guidelines* focuses on the big picture with recommendations to help Americans make choices that add up to an overall healthy eating pattern. To build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too.

Check out the 5 Guidelines that encourage healthy eating patterns:

- Follow a healthy eating pattern across the lifespan.
- Focus on variety, nutrient density and amount.
- Limit calories from added sugars and saturated fats and reduce sodium intake.
- Shift to healthier food and beverage choices.
- Support healthy eating patterns for all.
- Check out <http://health.gov/dietaryguidelines/2015/guidelines/> for more information

Good nutrition should be part of an overall healthy lifestyle, that also includes regular physical activity, not smoking, and stress management. By encouraging your children to eat healthy and exercise, we can all “March” together right into spring! To help you march with a smile, I will end with these:

Why did the banana go to the doctor? Because it wasn't peeling well!

Which food is the most serious? An egg. It's afraid to crack a smile.

Maria Farley

To stay healthy, also remember According to the Centers for Disease Control:

- *Avoid people who are sick
- *Stay home when you are sick
- ***Wash hands often**
- * **Don't touch your nose, eyes, or mouth with your hands**
- *Use disposable drinking cups, especially in the bathroom
- *Get plenty of sleep, eat a balanced diet, and exercise regularly

Following these guidelines, and reinforcing them with your children, will help to limit the amount of germs spread to each other.

Keep returning any physicals or dentals!