



## March is National Nutrition Month®

Let's talk about food!

Have you heard of the Dietary Guidelines for Americans? It is a set of guidelines by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) that provides science-based advice on:

- *what to eat and drink to promote health*
- *reducing the risk of chronic disease*
- *meeting nutrient needs*

The latest edition was released 3 months ago and the science linking food and health has only become stronger. The foods and beverages we consume have a profound impact on our health – in both a positive and a negative way.

Currently, 75% of people don't eat enough vegetables, fruits, and dairy. And 77% of people exceed the limit for saturated fat.

While there is no one-size-fits-all approach to nutrition (our bodies, goals, and tastes are all different), there are a few positive eating habits we all can start with and benefit from.

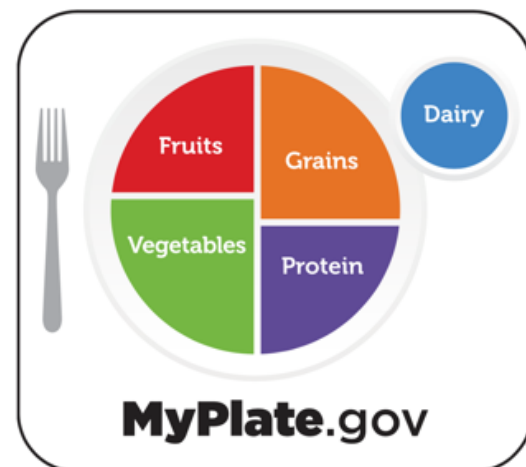
**1.** Limit foods and beverages higher in added sugars, saturated fat, and sodium. This means checking Nutrition Facts Panels.

**Tip!** A 20% DV (daily value) or more is considered high.

**2.** Consume nutrient-dense foods including: dark green vegetables (such as kale and spinach), red and orange vegetables (such as carrots, sweet potatoes, tomatoes, red and orange bell peppers) as well as beans, peas, and lentils.

**3.** Pay attention to portion (and plate) size. Vegetables should be one of the largest sections on your plate. MyPlate.gov is a great resource!

If you want to learn more, you can read the Dietary Guidelines for Americans, 2020-2025 online at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



# Massage GIVEAWAY

Find us on Facebook!



On **March 2nd**, we will be posting a giveaway for a chance to win a massage!

All you have to do is 'like' the post and tag a friend who needs or deserves a massage.

If they book a massage, your name is entered into our drawing for a chance to **win a free massage!**

**\*Deadline is Wednesday, March 31\***



## Kid's Corner

### Mindful Coloring

Focusing your attention on one activity, like coloring, allows your brain to relax and get better at managing distractions.

Turn everything else off, set a timer for 5 minutes, and just color!

Focus on your work; if your mind wanders, just gently direct it back to the colors and details of your picture.

*Krista Armstrong, MA, LPC*



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