

March is

# National Nutrition Month

During the month of March, CTA Wellness highlights the role nutrition has in your overall well-being.

## Helpful Nutrition Tips



- Eat more fish.
- Count nutrients, not calories.
- Choose whole foods instead of processed.
- Add more dark greens to your salads.
- Incorporate balanced meals with carbohydrates, proteins, and vegetables.

## Bonus Tip

Try the “Outer Ring” technique when grocery shopping — mostly shop on the outer perimeter of the store. This is where the healthy food is shelved: fruits, vegetables, lean meats, fish, eggs, and nuts.