



<b>March 13</b>	Add color to your morning omelet with diced yellow squash, tomatoes, mushrooms and spinach.
<b>March 14</b>	Homemade soup is a great way to get your daily servings of vegetables. Add as many vegetables as you like. You can also add high-protein beans and high-fiber pastas. The beans and vegetables provide color, fiber, protein and vitamins.
<b>March 15</b>	Need a healthy snack? Pack carrots and celery sticks to help reach your goal of three to five servings of vegetables per day. Hummus and oil-based salad dressings are both great dipping options.
<b>March 16</b>	When you have a choice, choose grass-fed beef, which is lower in saturated fat and higher in omega-3 fatty acids. When possible, choose local to support farmers in your community.
<b>March 17</b>	Bring your lunch to work in reusable containers rather than throwaway bags. Every little bit counts in reducing what we contribute to America's waste!
<b>March 18</b>	Shoot for at least three colors at every meal. If your plate is looking a little brown lately, liven it up with a side salad of orange carrots, greens and red tomatoes.
<b>March 19</b>	Do you tend to get to the end of the day and realize you haven't even eaten one of your five to nine servings of fruits and vegetables? Keep a bowl of seasonal fruit on your counter to remind you.
<b>March 20</b>	Cook with olive oil. Olive oil contains healthy unsaturated fats. Next time you're using a fat to cook your meal, choose oil rather than butter or lard.
<b>March 21</b>	Go kabob! Kabobs are a wonderful and easy way to add colorful vegetables to a meal.
<b>March 22</b>	Incorporate beans into your diet. Beans are an excellent source of fiber. Add them to prepared or homemade salsas, pastas and salads to help meet your goal of 25 to 30 grams of fiber per day.
<b>March 23</b>	Looking for a sweet and colorful evening treat? Make a fruit bowl with fresh strawberries, blueberries, pineapple and raspberries. Top with a low-fat or fat-free whipped cream and enjoy!
<b>March 24</b>	Feel like you're always hungry? Aim to have six small meals per day rather than three. This will help to keep your metabolism up and keep you full and energized!
<b>March 25</b>	Fit short bursts of physical activity into your day. Take the stairs instead of the elevator and go on a walk during lunchtime.
<b>March 26</b>	Love your pizza? Make it healthier and more colorful by adding different vegetables, such as peppers, tomatoes, onions and mushrooms.
<b>March 27</b>	Help your heart. Increase your intake of omega-3 fatty acids by consuming two servings of fatty fish per week. Examples of fatty fish include mackerel, salmon, herring, trout, sardines or tuna.
<b>March 28</b>	Add color to your favorite breakfast dish. Boil frozen fruit with a little bit of water to make a fruit topping to add to whole grain pancakes.
<b>March 29</b>	Start your morning off right. Make a fruit smoothie with your favorite fruits and a low-fat yogurt.
<b>March 30</b>	Add vegetables to your lunch by filling a whole tortilla with your favorite roasted vegetables and some low-fat cheese.
<b>March 31</b>	Look for an excuse to get outside three times a week for 15 minutes at a time to get your weekly dose of vitamin D.