

## March is National Nutrition Month

It's no secret, the better we eat, the healthier we are and the longer we live. In recognition of National Nutrition Month, here are a few tips to help you make healthier nutrition choices. But it's not just one of these tips that will be the key to success—the trick is consistency and an overall healthy lifestyle.

### Eat More Plants

A diet rich in plant-based foods can help reduce the risk of diabetes and cardiovascular disease.



### Drink More Water

Drinking enough water every day can help hydrate cells and remove toxins from your body.

### Fill Up on Good Fats

Focus on monounsaturated fats such as olive oil and avocados.

### Use Herbs and Spices

Give chicken, fish, and vegetables an extra kick with garlic, ginger, and turmeric—also known for their anti-inflammatory properties.

### Get Enough Fiber

Fiber can improve blood cholesterol levels. Focus on whole grains, vegetables, and beans.

### Eat More Nuts

Walnuts in particular stand out for their heart-healthy properties.

## Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Centers for Disease Control and Prevention](#)
- [Wellness On-Demand](#) – Level Up’s recorded virtual programming.

### Seize The Year! National Nutrition Month Events:

## Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Each week, Level Up will raffle off **three items**:

- **One Cuisinart Petit Gourmet Portable Grill**
- **One Sonicare Electric Toothbrush**
- **One Hamilton Beach Big Mouth Plus 2-Speed Juicer**



**To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles.

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