

March is National Nutrition Month

Antioxidants are an important part of a healthy diet. Not only do they support a healthy immune system, but they may be able to protect your body's cells against free radicals. Free radicals are molecules generated by the body after breaking down food or from exposure to tobacco, pollution and sunlight. At very high levels, they can damage your body's cells and genetic material, contributing to chronic conditions such as cancer, cognitive decline, and vision loss.

Luckily our bodies already know how to defend against free radicals: by extracting antioxidants such as vitamins C and E, beta-carotene, lycopene, selenium, and lutein, from healthy food sources.

So, fill your fridge with disease-fighting superfoods! Here are the superfoods you should be focusing on.

Berries Are Best

Blueberries, blackberries, raspberries, strawberries, and cranberries.

Powerful Proteins

Beef, poultry, fish, chickpeas, and lentils.

Great Grains

Corn, wheat, brown rice, and barley.

Produce Picks

Sweet potatoes, carrots, bell peppers, kale, spinach, broccoli, cantaloupe, oranges, pumpkin, and tomatoes.

Nutritional Nuts and Seeds

Walnuts, almonds, pecans, cashews, peanuts, and sunflower seeds.

Sip and Savor



A glass of pomegranate juice; a cup of coffee or green tea; and a bit of dark chocolate.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [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**



Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 1:

- **Portable Grill:** Candice Williams ~ Dept. of the Environment
- **Sonicare Electric Toothbrush:** Colin Carmello ~ State’s Attorney’s Office
- **Hamilton Beach Juicer:** Sophia Dacus ~ Police Department

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. Prizes will be distributed at the end of the month.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

