

March Is ...

# ***NATIONAL NUTRITION MONTH***

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## **Healthy Eating Checklist!**

- For more information:
  - US Dept. of Agriculture  
[www.mypyramid.gov](http://www.mypyramid.gov)
  - American Dietetic Assn.  
[www.eatright.org](http://www.eatright.org)
- Vary your veggies
- Focus on fruit
- Make half your grains whole
- Go lean with protein
- Choose calcium rich foods



**Manalapan Township Health Department**  
[www.mtnj.org](http://www.mtnj.org) • (732) 446-8345