

# March Health Newsletter: Eat Smart, Drink Smart, Stay Healthy

March is a great time to refocus on nutrition and healthy habits. It also aligns with **National Nutrition Month**, led by the Academy of Nutrition and Dietetics, which encourages people to make informed food choices and develop healthy eating patterns.

Below is a practical guide to the **pros and cons of common food and drink choices**—plus clear, actionable steps you can take to stay healthy.

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## The Pros of Eating and Drinking Right

### 1. Improved Energy and Daily Performance

Eating balanced meals with whole foods helps stabilize blood sugar levels and prevent energy crashes.

#### Healthy examples:

- Lean proteins (chicken, fish, beans)
- Whole grains (oats, brown rice)
- Fresh fruits and vegetables
- Water and low-sugar beverages

#### Benefits:

- Better focus and productivity
  - Fewer afternoon energy drops
  - Stronger immune function
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## 2. Reduced Risk of Chronic Disease

According to the Centers for Disease Control and Prevention and the World Health Organization, healthy eating helps lower risk for:

- Heart disease
  - Type 2 diabetes
  - Obesity
  - High blood pressure
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## 3. Stronger Immune System

Nutrient-rich foods provide:

- Vitamin C (citrus fruits, peppers)
- Vitamin D (fish, fortified foods)
- Zinc (nuts, seeds)

These nutrients help your body fight illness year-round.

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## The Cons of Poor Eating and Drinking Habits

### 1. Excess Sugar Intake

Common sources:

- Soda and energy drinks
- Sweetened coffee beverages
- Processed snacks

#### **Risks:**

- Weight gain
  - Blood sugar spikes
  - Increased inflammation
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### 2. Highly Processed Foods

Processed foods often contain:

- High sodium
- Added preservatives
- Unhealthy fats

#### **Effects:**

- Increased blood pressure
  - Reduced nutrient intake
  - Higher long-term health risks
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## 3. Not Drinking Enough Water

Dehydration can cause:

- Fatigue
- Headaches
- Poor concentration

Many people confuse thirst with hunger, leading to unnecessary snacking.

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## Actionable Steps to Stay Healthy This March

**Step 1: Follow the “80/20 Rule”**

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**Step 2: Upgrade Your Drinks First**

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**Step 3: Build Balanced Plates**

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**Step 4: Plan Meals Ahead**

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**Step 5: Read Labels**

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[Click below to watch an educational video for](#)

[How To Stick to Eating Healthy!](#)

## March Healthy Habit Challenge

Start small this month:

- Drink one extra glass of water daily
- Add one vegetable to at least one meal per day
- Replace one processed snack with a whole-food option

Small changes done consistently create lasting health improvements.

Excellent Resource for staying healthy by Dr. Eric Berg.

Click [HERE](#).

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## Healthy Eating & Drinking Fill-in-the-Blank Game

### **Instructions:**

Choose the correct word from the Word Bank to complete each sentence.

Word Bank

Hydration • Vegetables • Fruits • Protein • Fiber • Whole grains • Sugar • Water • Vitamins • Minerals • Balanced • Portions • Processed • Energy • Healthy

### **Fill in the Blanks**

1. Drinking enough \_\_\_\_\_ each day helps keep your body properly hydrated.
2. Fresh \_\_\_\_\_ and vegetables provide important nutrients for overall health.
3. Foods rich in \_\_\_\_\_ help support muscle growth and repair.
4. Eating \_\_\_\_\_ foods gives your body the nutrients it needs to function well.
5. \_\_\_\_\_ helps support digestion and keeps you feeling full longer.
6. Try to limit foods high in added \_\_\_\_\_ to maintain better health.
7. \_\_\_\_\_ grains such as brown rice and oats are healthier than refined grains.
8. Proper \_\_\_\_\_ control helps prevent overeating.
9. Staying properly hydrated improves focus, mood, and \_\_\_\_\_.
10. Many highly \_\_\_\_\_ foods contain extra salt, sugar, and unhealthy fats.

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11. A \_\_\_\_\_ diet includes a variety of foods from all food groups.
12. \_\_\_\_\_ such as calcium and iron help support strong bones and healthy blood.
13. \_\_\_\_\_ are essential nutrients that help the body fight illness.
14. Drinking enough fluids supports good \_\_\_\_\_.
15. Choosing \_\_\_\_\_ snacks like nuts or fruit can help maintain steady energy levels.

### Answer Key

1. Water
2. Fruits
3. Protein
4. Healthy
5. Fiber
6. Sugar
7. Whole grains
8. Portions
9. Energy
10. Processed
11. Balanced
12. Minerals
13. Vitamins
14. Hydration

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**15. Healthy**