

Celebrating National Nutrition Month



This month, we're celebrating [National Nutrition Month](#) — a time to focus on the importance of making informed food choices and developing healthy eating habits.

Whether you're aiming to improve your diet, try new recipes, or learn about the benefits of balanced nutrition, this month's focus is all about nourishing your body with the right fuel.

Nutrition tips to boost your health:

- [Eat a variety of foods](#) to ensure your body gets all the vitamins and minerals it needs. Include foods from all food groups: fruits, vegetables, grains, proteins, and dairy (or plant-based alternatives).
- [Practice portion control](#). Mindful eating is a great way to avoid overeating.
- [Plan Your Meals](#). By planning, you can make sure that nutritious meals are always available.
- [Stay Hydrated](#). Drinking enough water is essential for digestion, metabolism, and overall health. Aim for about 8 cups of water a day, and remember that hydrating foods like cucumbers, watermelon, and celery can also help.
- [Focus on Fiber](#). High-fiber foods such as beans, whole grains, fruits, and vegetables help with digestion and can lower the risk of chronic diseases like heart disease. Aim for at least 25-30 grams of fiber per day.
- [Limit Process Foods](#). Highly processed foods can be high in sugar, unhealthy fats, and sodium, which can contribute to health problems. Focus on fresh, whole foods to improve your nutrition.

Want to put these nutrition tips into action? Try these healthy, easy-to-make recipes:

- [Mediterranean Chickpea Salad](#): Full of fresh veggies, healthy fats, and plant-based protein, this salad is a nutritious choice for lunch or dinner.
- [Roasted Sweet Potato and Black Bean Tacos](#): A tasty vegetarian option that's packed with fiber and antioxidants.

For more information and resources on nutrition, visit your Be Well Vermont Wellness Platform:

www.bluecrossvt.org/bewellvt



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