

March Wellness Facts

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March is National Nutrition Month

Smart Snacks

Snacks can be an important part of a healthy diet. It is important to choose snacks wisely in order to manage your weight, health and energy level.

When choosing snacks, the portions should be much smaller than what you would eat for a meal. Try to keep your snack at less than 300 calories, depending on how active you are.

Here are some low-calorie snack choices:

100 calorie snacks

- 1 oz or 10 large jelly beans
- 1 oz or 18 tiny pretzel twists
- 12 baby carrots with 2 tablespoons fat-free dressing
- 1 ¼ cups of orange sections
- 2 ¾ cups strawberries

- 1/12 cups of tomato or chicken noodle soup prepared with water or ¾ cup of soup and 4 saltine crackers
- 1 cup (1%) milk
- 1 banana
- 1 ½ cups of grapes
- 1 frozen fruit juice bar
- 3 cups plain popcorn, spray lightly with butter-flavored cooking spray
- 3 ½ graham crackers
- 10 tortilla chips with 1/3 cup salsa

Walk for good health

Walking increases your energy level, decreases stress and is recommended for good health.



Health experts recommend walking 10,000 steps a day on most days of the week for good cardiovascular health. This is about 5 miles. You can measure steps with an inexpensive pedometer that records the number of footsteps you take. Or, measure a walking route around your neighborhood with your car.

If you are not currently active – start SLOW! Determine how many steps you normally take in one day and try to increase your steps by 100 each day until you reach your goal. The challenge is to maintain this level of activity everyday or most days of the week. Try to walk at least 20 minutes for cardiovascular benefit.

You can improve your heart health by eating more servings of fruits and vegetables each day and getting at least 30 minutes of physical activity.

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