

March

NATIONAL NUTRITION MONTH



Eat Your Fruits and Veggies

Fruits and vegetables contain vitamins and nutrients, which are key to supporting a healthy body. Try filling half your plate with a colorful variety of fruits and vegetables.



A Daily Dose of Fiber

Fiber can help to maintain a healthy digestive system, and assist in lowering blood sugar and cholesterol. Whole grains, beans, and legumes are just a few of the foods you can add to your diet to increase your fiber.



The Leaner Options

Lean meats like fish, chicken, and turkey can provide a lower saturated fat option than red meats. Don't forget to incorporate plant-based proteins such as nuts, seeds, beans, peas, tofu, and lentils.



Living  **Well**

Find Support

Maintaining a healthy diet can help reduce risk for diseases, including some cancers. Castlight can support your healthy eating goals through tracking and rewarding your progress. Talk to a Care Guide about how to find additional support through your benefits.



Call **1-800-681-6758** or visit mycastlight.com/mybenefits for more information.

Please discuss any health condition and dietary restrictions with your healthcare provider before starting a new diet program.