

March

National Nutrition Month

If the start of spring has you thinking green, add more dark leafy greens to your meals! A daily dose can lower Alzheimer's risk and improve gut health.



Small changes lead to big results!

Earn up to 10 points, once daily, with Eat Smart on your Castlight portal. Start tracking your nutritional habits and earn points. Medically enrolled employees can redeem points for up to \$200 in great gift cards and prizes and waived employees can redeem points for sweepstakes entries.



mycastlight.com/mybenefits



National Snack Day

Everyone loves a snack, but snack mindfully! If you're truly hungry, try reaching for a healthier pick-me-up like fresh fruit, cut veggies or nuts.



National Frozen Food Day

Some fruits and vegetables maintain more nutrients when frozen—but be cautious around processed foods that contain added salt, sugar and fat.



Spring Forward

Get at least seven hours of sleep nightly, start adjusting bedtimes by 15-20 minutes a day a few evenings before, and head outdoors for morning sunlight after.



World Kidney Day

Eat healthier, drink enough clean water, and manage conditions like diabetes to help maintain those all-important kidneys!



International Day for the Elimination of Racial Discrimination

Tackling our toughest issues involves all of us. Commit to furthering universal respect for justice and human rights for all.

SOURCES

John Hopkins Medicine: "5 Foods to Improve Your Digestion"
Harvard School of Public Health: "Processed Foods and Health"
American Academy of Sleep Medicine: "Sleep experts want to stop 'springing forward' to daylight savings time"
International Society of Nephrology: "Recommendations to Global Kidney Health"
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September 2023