



March is National Nutrition Month

Eating healthy is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Read the label

The nutrition label shows how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.



Look for Cue Words

Items that are “pickled”, “brined”, or “cured” tend to be high in sodium. Include these foods in your meals sparingly.

Put Together Meals At Home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt.

Go Easy On the Sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade or dressing you’re using. The sodium from these can add up quickly.

Spice It Up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.

Eat Fruits And Veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt

Thank you for participating in our National Nutrition Month Events!

Level Up raffled off the following prizes:

- **One \$100 Gift Card**
- **One Cuisinart Griddler Indoor Grill**
- **One Cold Press Juicer Machine**

Here are the winners for Week 3

- Priscilla Chamberlain ~ Department of Social Services
- Taylor McCottry ~ Fire & EMS Department
- Regina Washington ~ Office of Community Relations

Additional Resources

- [Visana](#) for Cigna members
- [Academy of Nutrition & Dietetics](#)
- [Office of Disease Prevention & Health Promotion](#)
- [Omada Health](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!



[Register Now](#) for Financial Wellness Week!

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