



March is National Nutrition Month

As part of a healthy diet, half your plate should be made up of fruits and vegetables. A healthy eating plan includes a variety of vegetables from all the five vegetable subgroups – dark green, red, and orange, legumes (beans and peas), starchy and other. Options include all fresh, frozen, canned, and dried vegetables in cooked or raw forms, including 100% vegetable juices.

Veggies 101

Buy fresh vegetables in season when they cost less and are most flavorful.

Stock up on frozen vegetables for quick and easy cooking in the microwave.

Buy easy-to-prepare vegetables like pre-washed bags of salad greens.



Mix Up Your Meals

Plan some meals around a vegetable main dish. A veggie stir fry or soup are good choices.

Add kale, spinach, beans, or peas to mixed dishes, soups, or rice dishes.

Try a main dish of salad for lunch or dinner. Go light on the dressing.

Add shredded carrots or zucchini to meatloaf, casseroles, quick breads, and muffins.

Health Benefits

Vegetables are full of essential vitamins, minerals, and antioxidants that provide many important health benefits to your body.

Vegetables are a good source of dietary fiber, a type of carbohydrate that helps pass food through your digestive system.

Many green leafy vegetables like kale, spinach, and chard contain potassium. Potassium helps your kidneys filter sodium out of your body more efficiently, which can reduce your blood pressure.

Green leafy vegetables also contain vitamin K, which is believed to prevent calcium from building up in your arteries. This can lower your risk of arterial damage and help prevent many heart health complications in the future.

Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Centers for Disease Control and Prevention](#)
- [Healthy Weight Series](#) – open to all employees
- [Omada Health](#)
- [BurnAlong](#)

Level Up Your W.A.Y. National Nutrition Month Events:

Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Every week, Level Up will raffle off **three items**:

- **One \$100 Gift Card**
- **One Ninja Combi All-in-One Multicooker**
- **One Ninja Kitchen System with Auto IQ Boost 7-Speed Blender**



Here are the winners for Week 3:

- Donna Coldsmith ~ Circuit Court
- Vickie Stewart ~ Office of the Sheriff
- Mary Ann Flynn ~ Office of Central Services

To be entered into the random drawing every other week, you must register and attend at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

Showing Our **L♥VE** to the Wellness Champions!

Level Up is spreading the love with a new initiative: Wellness Champions Spotlight! We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

Wellness Champion Profile

Name: India King-Hamilton
Position: Office Manager/HR Liaison
Department: County Executive
Years with the County: 1.5



Why did you volunteer to be a Wellness Champion?

To ensure our agency has a Wellness Champion.

What do you do for exercise or physical activity? Walking.

What is your health goal(s)? To lose weight.

What is your favorite healthy snack? Yogurt.

What keeps you motivated? My family.

What is your favorite motivational quote? "Success is not final, failure is not fatal, it is the courage continue that counts." – Winston Churchill

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