



March is National Nutrition Month

Healthy eating 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.

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.”

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.

Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Centers for Disease Control and Prevention](#)
- [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 other 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**



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 **LOVE** 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: Rocquel Broady

Position: Executive Assistant to the Inspector General

Department: Office of Integrity Compliance & Police Accountability

Years with the County: 5

Why did you volunteer to be a Wellness Champion?

I enjoy sharing ideas with my team and coordinating events, especially events that promote physical activities.



What do you do for exercise or physical activity? I have been dancing since the age of 5 (*Modern, Jazz, and Ballet*). I also try to get in 10,000 steps as often as I can.

What is your health goal(s)? Managing weight and focusing on plant-based eating.

What is your favorite healthy snack? A homemade green smoothie

What keeps you motivated? My family and wanting better for them.

What is your favorite motivational quote? "The will of God will never take you where the grace of God cannot keep you."

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