

March is

## NATIONAL NUTRITION MONTH

To celebrate, we're recognizing common barriers to achieving a healthy lifestyle and identifying ways to overcome them!

82%

Don't want to give up foods they like in order to eat healthier.

A healthy diet doesn't mean giving up foods you love. The trick is to make your favorite foods a little healthier. Craving pizza? Enjoy one slice topped with vegetables and a side salad. Practice eating unhealthy foods in moderation.

68%

Don't eat fruits or vegetables at least twice a day.

To increase fruit and vegetable intake try eating the rainbow! Aim for a variety of colors on every plate. Blend frozen fruit and spinach into a smoothie. Grate or finely chop vegetables into stews, soups, pasta sauces, or casseroles.

62%

Have no time to track their diet in order to eat healthier.

There are several fitness apps that can help you track your diet on the run! MyFitnessPal has a food database containing over 5 million foods. It also has features that allow users to save their favorite meals, download recipes from the internet, and "quick add" calories if you don't have the time to add details about a certain meal.

60%

Juggle both work and family; prefer to prep meals in 15 minutes.

Save time in the kitchen by planning ahead. Create a weekly meal plan and grocery list over the weekend and prep ingredients ahead of time. Double recipes for leftovers the next day.

36%

Have no leisure-time physical activity.

Squeeze in fitness whenever you can! When shopping, park further away from the door to get in extra steps. Take the stairs instead of the elevator. Go for a 5-minute walking break every hour. Most importantly set a schedule and stick to it!