

March

Each announcement begins with, "Time for your Daily Scoop of good nutrition news!"
Each announcement ends with, "Remember, with healthy choices, great things are possible!"

<input type="checkbox"/> <p>March is <i>National Nutrition Month</i>, a month for making nutrition a top priority. Good nutrition starts with foods that are high in <i>nutrients</i>; things like vitamins, minerals, and protein. Fruits & vegetables are rich in nutrients.</p>	<input type="checkbox"/> <p>Our fruit <i>Harvest of the Month</i> is the berry. Small but mighty, raspberries, blueberries, and strawberries are packed with super nutrients like vitamin C, important for young, growing bodies. Your body needs Vitamin C every single day, and only plant-foods have it!</p>	<input type="checkbox"/> <p>Our vegetable <i>Harvest of the Month</i> gave an old cartoon character, <i>Popeye</i>, super strength to fight the bad guys. Do you know what vegetable? Spinach! Green spinach leaves actually do have special nutrients that help you grow strong and fight bad diseases!</p>	<input type="checkbox"/> <p>Nutrients from food are key for a healthy and successful life. Another key for a healthy and successful life is <i>sleep</i>. Sleep is very, very important for recharging your body <i>and your brain</i>, so you have plenty of energy for a positively powerful day!</p>	<input type="checkbox"/> <p>It's <i>National Nutrition Month</i>. Scientists are only just discovering super nutrients in colorful plant-foods, called <i>phytonutrients</i>. Phytonutrients are what help plants fight disease. When you eat colorful plant-foods, they help you fight disease too.</p>
<input type="checkbox"/> <p>It's <i>National Nutrition Month</i>. Here's an interesting nutrition fact: Fruits and vegetables have up to <i>ten times</i> more nutrition than foods like burgers & pizza. Eating fruits & vegetables that grow from the earth will help you to live a long & strong life.</p>	<input type="checkbox"/> <p>People in the country of India celebrate the <i>Festival of Colors</i> this month, to celebrate the coming of spring. So the <i>Cool Bean of the Month</i> is a bean that's very popular in Indian meals, a little round bean packed with protein - the lentil bean.</p>	<input type="checkbox"/> <p>This month's vegetable <i>Harvest of the Month</i> is spinach, rich in vitamin K. Vitamin K is also known as "the band-aid vitamin," because it helps cuts and scrapes to stop bleeding, so the healing process can begin.</p>	<input type="checkbox"/> <p>Beans & peas are from the family of vegetables called legumes. Legumes grow in a pod. Beans grow in bean pods and peas grow in a pea pods. Legumes are a great protein choice for helping the planet because they use very little water and energy to grow (compared to animal protein).</p>	<input type="checkbox"/> <p>Lentil beans, packed with protein, are popular in India. So is a game called "cricket." It's like baseball, but there's only two bases. <i>Let's Move</i> today and all weekend long with a fun ball game like baseball, basketball... or cricket!</p>
<input type="checkbox"/> <p>Three important keys for a strong and long life: 1) nutritious food, 2) a good night's sleep, and 3) daily physical activity. So, <i>Let's Move</i> today and every day with fun physical activities like baseball, four square, or India's favorite sport, cricket.</p>	<input type="checkbox"/> <p>Ditch the sugary bottled beverages that drain your brain. Better idea: A dash of fruit juice added to your water, and some brain boosting blue berries dropped in for an all-natural "boba" (bubble) experience!</p>	<input type="checkbox"/> <p>As spring time arrives this month, berries are "in season," ripe and ready to pick for the most nutrition. Small but mighty, berries have super nutrients called phytonutrients. Like the name suggests, phytonutrients help your body fight disease, for a long and strong life.</p>	<input type="checkbox"/> <p>It's National Nutrition Month, and it's the month for the Festival of Colors in India, where they celebrate harvesting colorful spring foods growing in the garden. You can make everyday a festival of colors, by filling your plate with a rainbow of colorful fruits and vegetables.</p>	<input type="checkbox"/> <p>It's Friday. Let's move today and all weekend long with a walk or bike ride around the neighborhood to see if you can spot blossoming fruit trees. Those flower blossoms are a sign of spring, and will soon turn into sweet, energizing fruit.</p>

<input type="checkbox"/> <p>One way to get your week off to a healthy start is by going meatless on Monday. "Meatless Mondays" is a national health program with the goal of getting people to try beans for protein at least one day a week. Beans are the lean and green protein, good for you and the planet too!</p>	<input type="checkbox"/> <p>This month's vegetable Harvest of the Month is spinach, the vegetable that gave the cartoon character, Popeye, his super strength. In real life, spinach and other leafy greens really do help you to live stronger because they're rich in Vitamin K for strong bones</p>	<input type="checkbox"/> <p>Spinach, kale and other leafy greens are delicious and super nutritious in soups, salads and even smoothies. Try blending spinach with bananas and berries for a gloriously green smoothie, like the kind Iron Man drinks for his super brain-power!</p>	<input type="checkbox"/> <p>Plant foods like fruits, vegetables and beans not only have ten times more nutrients than burgers and pizza, they use ten times less energy and water to produce than burgers and pizza. Plant foods choices are green food choices - good for you and the planet too!</p>	<input type="checkbox"/> <p>Lentil beans are popular in the country of India, where the Festival of Colors happens this month. As part of the festival, people have fun throwing colorful paint all over each other! They also share delicious meals - made with protein-packed lentil beans and Indian curry spices.</p>
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