

# Innovative WellNews

# March National Nutrition Month

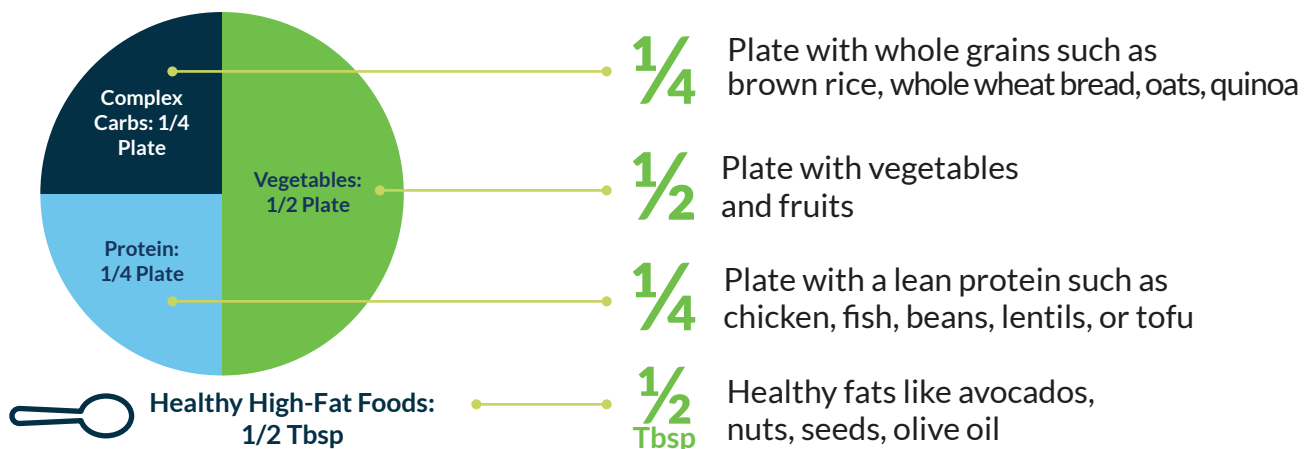


## Did you know

March is National Nutrition Month? The theme for 2024 is “Beyond the Table”. Use this month to focus on your nutrition by making informed food choices and improving physical activity habits. In making informed decisions about what you are eating and drinking, you can make a positive impact on both your physical and mental well-being. One way to make an informed choice is to be mindful of what you are putting on your plate. Use this simple guide below to start building a balanced plate.



## Build a balanced plate:



## Work-Life Balance

While we speak of balance, a hot topic is work-life balance. One of the ways to help with work-life balance is to disconnect so you can reconnect. Try to limit your work access to only one device so that when you shut down for the day, you are completely disconnected.



# Health and Wellness Observances



## National Colorectal Awareness Month

Colorectal cancer is the fourth leading cause of cancer in the United States. Recommendations for screening for colorectal cancer is age 45 and younger if you have a family history of colon cancer. Help reduce your risk by:

- Limiting red and processed meats such as bacon, deli meats, and hot dogs
- Eating fiber rich foods including fruits, vegetables, and whole grains
- Prioritizing physical activity

## Workplace Eye Wellness Month



Make sure you are protecting your eyes at work. **Practice the 20-20-20 rule.** If you sit for 20 minutes in front of a screen, then take a break for at least 20 seconds by looking at an object 20 feet away.

## Monthly Nutrition Fact

There is a new mindset to approach food called food synergy. Food synergy is combining certain foods to provide more nutrients than eating them separately. Consider being mindful of this so you can also increase antioxidant activity, improve digestion, improve fullness, and form complete proteins. You may already be practicing these pairings. Examples include:

### Avocados and red peppers

- Addition of healthy fat in avocados increases vitamin A absorption in red peppers

### Spinach and lemon juice

- Increases iron absorption

### Olive oil and tomatoes

- Increases lycopene absorption

### Turmeric and black pepper

- The compound piperine in black pepper enhances absorption of curcumin, a strong anti-inflammatory spice

### Kale and almonds

- Addition of healthy fat increases calcium found in kale

## Monthly Physical Activity Tip

There is a new desire for more “social fitness” where people can come together for a full body workout but also connect socially. Have you tried pickleball? Pickleball is described as a combination of ping-pong, tennis, and badminton. It doesn't involve any running and can be played by all ages. In fact, most people who play are 55 or older. Learn all about this very popular sport [here](#).



## We Value Your Feedback!

Hope you enjoy the wellness apps we've included in last month's newsletter! Please continue to share with us what you'd like to know [here](#).



### Sources:

<https://ancientnutrition.com/blogs/all/food-synergy>  
<https://www.cbsnews.com/news/expert-predictions-health-wellness-trends-2024/>  
<https://www.eatright.org/>

<https://ancientnutrition.com/blogs/all/food-synergy>  
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