

# Health & Wellness Tip of the Week

Week 13  
March 27, 2017

## March is all about Nutrition

It is the perfect time to remind everyone about the importance of feeding your body what it needs in order to be in the best shape!



### Eating Rainbow Style

Fruits and vegetables of various colors—red, green, yellow, blue, purple, white, and orange—not only make for a colorful plate of food, but also provide you with a broad range of nutrients.

Creating a rainbow plate can be easy and fun:

- Make a fruit salad with as many colors as you can. Think oranges, bananas, blueberries, strawberries, purple grapes, kiwifruit, and apples.
- Sauté a mix of vegetables, such as carrots, corn, broccoli, and red onions.
- Combine both fruits and vegetables in a salad. A simple, tasty version could include spinach, dried cranberries, mandarin oranges, and red onions. Toss it with a splash of your favorite vinaigrette. Be sure to go light on the cheese, and use healthful oils, such as olive, canola, or sunflower.

*Sources: Fruits & Veggies – More Matters*

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