

March 2008

## Did you know?

March is “**National Nutrition Month**®.” Throughout the month, try these tips for a Smart Body.

- **Eat a variety of foods.**
  - To obtain the essential nutrients your body needs to be healthy, choose foods from several food groups of the food guide pyramid when preparing a meal. Food groups include: grains, vegetables, fruits, milk, and meat and beans.
- **Balance your food intake with physical activity.**
  - Try to be physically active on most days. Being physically active helps control body weight and reduces your risk of chronic diseases.
- **Make smart food and physical activity choices TODAY!**
  - The choices you make today can affect your health status for years to come. By adopting a healthy lifestyle today, you can minimize your risk of nutrition-related chronic diseases, such as:
    - Heart Disease
    - Type II Diabetes
    - Cancer

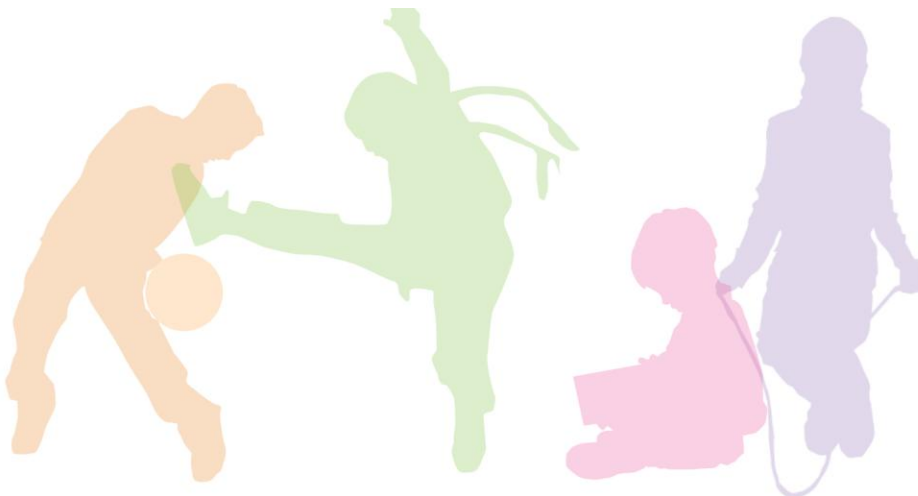


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**For program  
information, please  
visit our website  
at:**

[www.smartbodies.org](http://www.smartbodies.org)



## Get Moving in March!

Search for four leaf clovers or go bike riding, but don't forget your helmet!

If you go to a parade, make sure to do plenty of walking along the route to increase your physical activity.

## Family Fun

March is the month to focus on green fruits and vegetables! There are several choices to pick from, including:

- Spinach
- Broccoli
- Cabbage
- Green bell peppers
- Green beans
- Sweet peas
- Green apples
- Kiwi

As a family, go to a parade together and see who can catch the most beads. After the parade, have family and friends over for a dinner that includes the green fruits and vegetables that you chose!

Don't limit yourself to the same greens you always eat! Get to the grocery store or farmer's market and pick something new!

## Take 10!

Ask your child if they did a "Take 10!" today!

## Trees in a Broccoli Forest

### Ingredients:

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

### Dipping Sauce:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 tsp honey
- 2 tsp spicy brown mustard

### Method:

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Trim off ends of the carrots. Cut each half, crosswise, then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces side-by-side in the center.
4. Arrange broccoli around the carrots forming a cluster.
5. Arrange tomatoes at the top of the plate.
6. Spoon dip around the base of carrots and sprinkle with parsley.

**Makes 4 servings**

**Each serving contains 1 cup of veggies!**

**Source: [dole5aday.com](http://dole5aday.com)**

