

# 2025 March



Nutrition tips to own your well-being one day at a time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>Video tip:</b> Change doesn't happen all at once. Build better habits by swapping one snack at a time.
2 Prep meals and portion snacks in advance to make more nutritious choices.	3 <b>Video tip:</b> Accept setbacks and reframe negative thoughts to stay motivated on your health journey.	4 Food hack! Slow down by eating with your non-dominant hand.	5 Save money by freezing fruit, veggies, meat, and batches of healthy soup.	6 You don't need to cut out dessert. Just eat a balanced meal beforehand!	7 The order you eat your food matters. Eat veggies and protein before carbs for sustained energy.	8 It's easy to add veggies to food you love, like Garlic Herb Prime Rib. <b>Try the recipe!</b>
9 <b>Video tip:</b> Put the healthy foods you want to eat most often at eye level in the pantry and fridge.	10 Add protein to get the most out of your favorite snacks, like dipping chips into hummus.	11 Combine taste and health with this Bacon Breakfast Casserole. <b>Try the recipe!</b>	12 Fuel your day with nutrient-dense snacks like yogurt, fruit, or nuts. <b>Get healthy snack ideas.</b>	13 Veggies, protein, and healthy fats take longer to break down, so they won't spike your blood sugar.	14 <b>Video tip:</b> Support from others boosts success in changing habits and building healthy eating routines.	15 Boost flavor with fresh herbs & spices instead of salt and sugar.
16 <b>Video tip:</b> Pair protein with strength training to continue burning calories even while resting.	17 Skip dishes labeled creamy, breaded, crusted, crispy, or fried.	18 <b>Video tip:</b> Know what drives your snacking habits to figure out how to tweak them to fit your goals.	19 Cook meals at home to control ingredients and portion size.	20 Start your day with this Mixed Berry Smoothie. <b>Try the recipe!</b>	21 Chew slowly to aid digestion and better gauge when you're full.	22 <b>Video tip:</b> Your environment influences your behavior. Set yourself up for success!
23 <b>Video tip:</b> "Hack Your Brain" with Chef Kevin to make healthier choices, easy.	24 Try different things to find what works for your life right now.	25 Feel full longer with lean protein (beans, fish, eggs, or nuts).	26 <b>Video tip:</b> Use your body's hunger scale to make healthy food choices.	27 Pair carbs with other foods to avoid blood-sugar spikes, like yogurt (protein + fat) with berries (carb).	28 Look for food options that are grilled, sauteed, steamed, poached, braised, or broiled.	29 Satisfy emotional snacking triggers with other sources of dopamine, like indulging in your favorite hobby.
30 Simple swaps let you enjoy your favorite desserts, like Chocolate Chip Cookies. <b>Try the recipe!</b>	31 Pay attention to both WHAT you eat and HOW you eat. <b>Learn how to eat for energy.</b>					

Always consult your physician before starting a new diet or fitness routine.

## Your partners for better nutrition



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