

March: Eat Your Greens

In honor of St. Patrick's Day, increase your intake of green fruits and vegetables this month. Not only are they delicious, but they provide many health benefits!

- Boost your immune system to help keep you healthy
- Help to strengthen your bones
- Decrease the risk for cancer and heart disease, including heart attack and stroke
- Provide essential vitamins and minerals, fiber, and other substances that are important for good health.

So eat your greens and try to make half of your plate fruits and vegetables at every meal!

Examples of Green Fruits: Apples, grapes, kiwi, melon, pears

Examples of Green Vegetables: Spinach, collard greens, broccoli, green beans

