

# Healthy Eating Habits



## Seasonal Produce

Apples  
Spinach  
Herbs



*“Treat your body well,  
and it’ll see you through  
for many years.”  
Johnny Weissmuller*

### HEALTHY MEAL INSPIRATION

[eatingwell.com](http://eatingwell.com)

<https://www.eatright.org/recipes>

[IG/FB: @cooknutrition](#)

## Program News

Happy March! March is National Nutrition Month! This month we are focusing on healthy eating habits! Below are some healthy tips to help!

- Aim for a fruit or vegetable at every meal.
- Snack on fruits/veggies.
- Try building your dinners around the veggie!

March Wellness Challenge: Send a picture of a fruit/veggie that you have as part of a meal. One picture daily. Each picture enters you to win a prize! This month’s giveaway:

**\$100 Academy Sports Gift Card**

Expanded lab work has started! You will receive an email from Cristy when to schedule. These will take place over the next few months.

Contact Emily, MS, RD: [cooknutrition@gmail.com](mailto:cooknutrition@gmail.com)  
Contact Cristy, RN: [cdcline@carilionclinic.org](mailto:cdcline@carilionclinic.org)

## Recipe of the Month

### Apple Nachos



#### INGREDIENTS

- Apple (1)
- Peanut Butter (1 T)
- Chocolate Chips (1 T)
- Walnuts/Nuts (2-3 T)

#### DIRECTIONS

- 1) Cut apple into slices.
- 2) Melt PB, 20-30 sec.
- 3) Drizzle PB over slices.
- 4) Add chocolate chips/nuts.