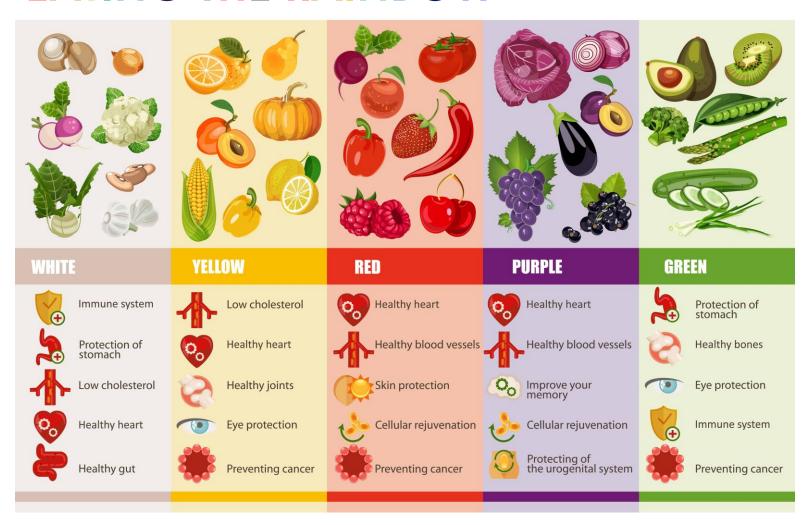
EATING THE RAINBOW

VITAMINS, MINERALS AND SUPPLIMENTS •••••



Notes:

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Holi	9	10	11
12 Daylight Savings Time starts	13	14	15	16	17 St. Patrick's Day	18
19	20 Spring Starts	21	22 Ramadan starts	23	24	25
26	27	28	29	30	31 Transgender Day of Visibility	

Health Tip: Lower Salt Intake with DASH

Your body needs a little bit of salt every day for the sodium it contains. Too much sodium can boost blood pressure and stress the heart and blood vessels. The low-sodium Dietary Approaches to Stop Hypertension (DASH) diet is high in fruits, vegetables, and whole grains; moderately high in nuts and low-fat dairy products; and low in red and processed meats.