































EATING THE RAINBOW

VITAMINS, MINERALS AND SUPPLIMENTS

				
WHITE	YELLOW	RED	PURPLE	GREEN
<ul style="list-style-type: none">  Immune system  Protection of stomach  Low cholesterol  Healthy heart  Healthy gut 	<ul style="list-style-type: none">  Low cholesterol  Healthy heart  Healthy joints  Eye protection  Preventing cancer 	<ul style="list-style-type: none">  Healthy heart  Healthy blood vessels  Skin protection  Cellular rejuvenation  Preventing cancer 	<ul style="list-style-type: none">  Healthy heart  Healthy blood vessels  Improve your memory  Cellular rejuvenation  Protecting of the urogenital system 	<ul style="list-style-type: none">  Protection of stomach  Healthy bones  Eye protection  Immune system  Preventing cancer

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.