

*Federal Occupational Health presents...*

**Good for you...and GOOD FOR LIFE!**

**March is National Nutrition Month**

You may know to eat five servings of fruits and vegetables each day, but did you know that the more colorful variety you eat, the more you can **SUPERCHARGE** your health?

Your body needs many critical nutrients that only come from eating a variety of natural foods. Through a diet that includes a **colorful** array of fruits and vegetables, your body gets a wider assortment of vitamins and minerals essential to keeping you strong, healthy, and energized.

So choose colorful, nutrient-rich foods like **juicy red grapes**, **succulent orange mango**, or **crunchy purple cabbage**, and remember: **it's good for you and good for life!**