

# Good for you...

## AND GOOD FOR LIFE!

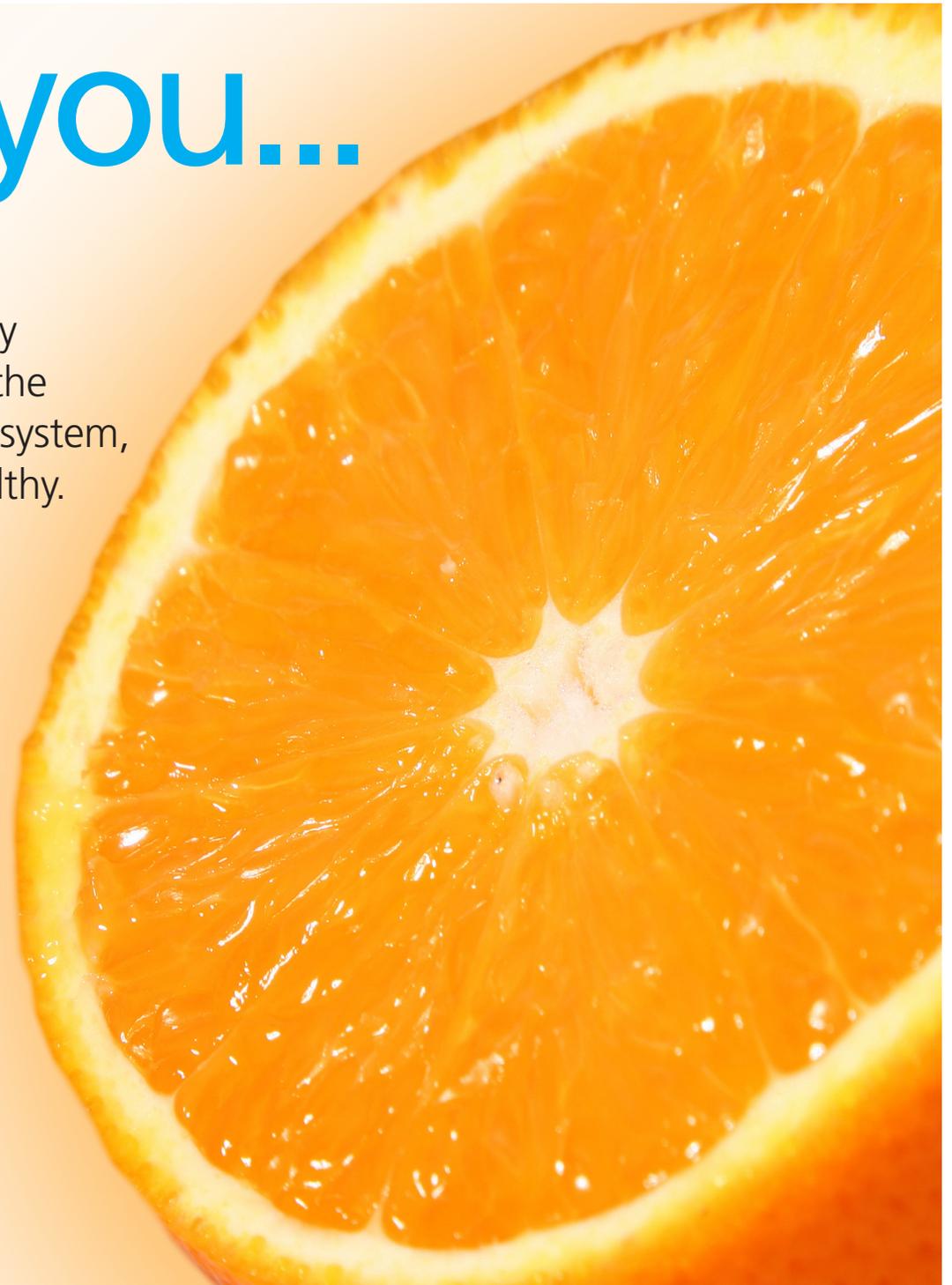
Eating a diet made up of a colorful variety of fruits and vegetables gives your body the nutrients it needs to boost your immune system, lift your energy, and keep your heart healthy.

## March is National Nutrition Month<sup>®</sup>

Who knew being healthy could be this easy...and tasty?

More information and resources are available online at:

[www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)



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