

March Health Awareness

From here, you can get information on all sorts of nutrition topics -- food labels, food poisoning, eating to prevent cancer, and many more.

"Nutrition is the most important science in medicine", Dr Michael Colgan

Feel better for today & stay healthy for tomorrow

Links

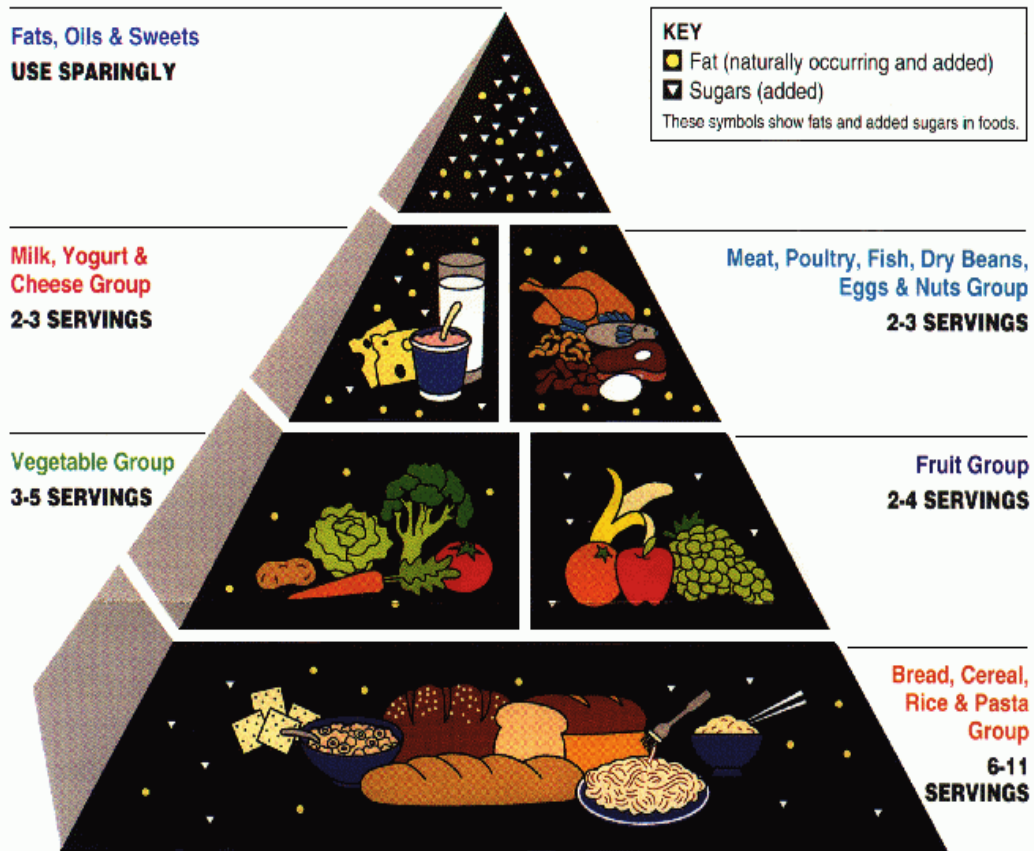
- <http://www.Nutrition.Gov>
- <http://www.health.state.nm.us/>
- <http://www.eatright.org/Public/>
- <http://www.dmaonline.org/states/NewMexico.html>
- <http://www.americanheart.org>
- <http://www.healthyfamiliesamerica.org>

Printable Brochure

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>

QUARTELY FEATURES

- **March is Health Awareness Month** - Please visit the following website and learn how to [eat right](#).



[Please click the pyramid for Ethnic/Cultural & Special Audience Information](#)

En Espanol: <http://www.usda.gov/cnpp/Pubs/Pyramid/La%20Guia.pdf>

Nutrition Tip Archives, By Ken Cooper: Portion Control

To help manage your portions and make food preparation a snap, consider doubling a meal recipe and freezing the extras in single serve, microwavable containers for lunches or meals for the next week. Not only can this simple trick save time and energy, but it can also help with weight control. Pre-measured portions can help eliminate the temptation to overeat, which can be a big contributor to excess calories and weight gain.

Reasons to Exercise

E-mail us with any additional questions or comments

Audrey Garduno

Gloria Carrillo