



Onslow CHIP is a certified  
Healthy Carolinians agency...

# Onslow CHIP TIP

## March is National Nutrition Month

### **Make smart choices from every food group**

Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.



**Mark Your Calendar!**  
Onslow Farmer's Market opens  
2nd Saturday in April!  
[www.onslowncfarmersmarket.com](http://www.onslowncfarmersmarket.com)



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### **Find your balance**

#### **between food and physical activity**

Regular physical activity is important for your overall health and fitness—plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

- Be physically active for at least 30 minutes most days of the week.
- For even greater health benefits and to help control body weight, be physically active for about 60 minutes a day.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Ref: [www.eatright.org](http://www.eatright.org) (American Dietetic Assn)