

MARCH 2025

National Nutrition Month

The current dietary guidelines for Americans emphasize balance—it’s not all or nothing. As such, eating right doesn’t need to be complicated. Healthy eating starts with nutritional food choices, which include plenty of fruits, vegetables, whole grains, protein and dairy. A balanced diet also leaves room for personal preferences.

March is National Nutrition Month. This is a good time to assess your eating habits and educate yourself about the best ways to fuel your body. It comes down to making informed food choices and developing sustainable, healthy eating and physical activity habits.

Contact us for more information about nutrition and healthy recipes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bleeding Disorders Awareness Month National Colorectal Cancer Awareness Month National Kidney Month National Nutrition Month						
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2	3	4 Mardi Gras Begins	5	6	7	8
9 Daylight Saving Time Starts	10	11	12	13	14	15
16	17 St. Patrick’s Day	18	19	20 Spring Equinox	21	22
23	24	25	26	27	28	29
30	31					

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