



SmartFHR Newsletter



Nutrition

March is National Nutrition Month. Everyone is encouraged to learn about making informed food choices and developing healthy eating habits. A good, well-balanced diet is not all or nothing. Every healthy choice is a step in the right direction! Start improving your nutrition using some of the tips below:

- Eat a variety of fruits, vegetables, whole grains, and lean protein.
- Read nutrition labels.
- Cook at home.
- Select healthier options and smaller portions when dining out.

When we eat better, we feel better and lower the risk for health problems.

Importance of Colorectal Cancer Screening and Your Options to Get Tested

Learn why colorectal cancer screening is important and what options are available. Talk with your healthcare provider to get screened.

Read more at <https://www.cdc.gov/cancer/colorectal/pdf/colorectal-cancer-screening-fact-sheet-508.pdf>

Learn About the SmartFHR™ App: Family Dashboard

Achieving health goals is easier when you have someone else alongside to keep you motivated and accountable. Add a family member through the Family Dashboard in your SmartFHR™ App. Each member will have access to their own personal account where they can keep track of health data, monitor goals, and access hundreds of health-related articles and recipes. All of this at no cost to them!



Healthy Recipe: Vegan Chickpea Salad

This salad is simple to make and versatile—eat it alone, in a wrap or pureed into a tasty chickpea spread!

Read more at <https://www.eatright.org/recipes/entrees/vegan-chickpea-salad-recipe>



Food is Medicine

A variety of healthy foods make up a healthy eating plan. Read more at

https://www.cdc.gov/healthyweight/healthy_eating/index.html#:~:text=Emphasizes%20fruits%2C%20vegetables%2C%20whole%20grains,%2C%20trans%20fats%2C%20and%20cholesterol