

Nuts



Nuts are a healthy, protein-filled snack – just throw them in a baggie with some raisins or other dried fruits, and put them in your pack! The variety of nuts is endless – try them all: walnuts, almonds, peanuts, brazil nuts, the list goes on! In addition to protein, nuts are packed with vitamins such as folic acid, niacin, and vitamins E and B-6, and minerals like magnesium, copper, zinc, selenium, phosphorus and potassium. The majority of the fat in tree nuts is unsaturated or “good” fat, which our bodies need. Reach for a handful of nutritious nuts for a quick boost of brain energy!





December Foods of the Month

Reduced Fat Dairy



Reduced fat dairy products help build strong bones and teeth! They are a good source of calcium, protein, phosphorus, riboflavin, vitamin B12 and A. Have reduced fat unflavored Greek yogurt with some fruit on top as a nutritious way to start your day! Throw a naturally-reduced fat, protein-filled mozzarella cheese stick in your pack for a snack-on-the-go!



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