

March is...

NUTRITION MONTH

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Hippocrates (460?-377?. B.C.)

The Chardon Community Action Team takes a holistic approach to prevention. We strive to build assets and foster environments that allow people to live to their fullest potential, and this encompasses lots of things like nutrition.

If you feel so moved, you can go to <http://www.mypyramidtracker.gov/planner/launchPage.aspx> and create your own nutrition meal plans! This is a government site that looks at a 2,000 calorie day and eating well balanced

Another FREE site is www.nutrimirror.com At this site, you input the foods you eat and get specific nutrient information. You can set weight loss goals, or simply make sure you are getting enough fiber, iron, etc. There are settings like pregnancy and type of job to make the details more accurate