

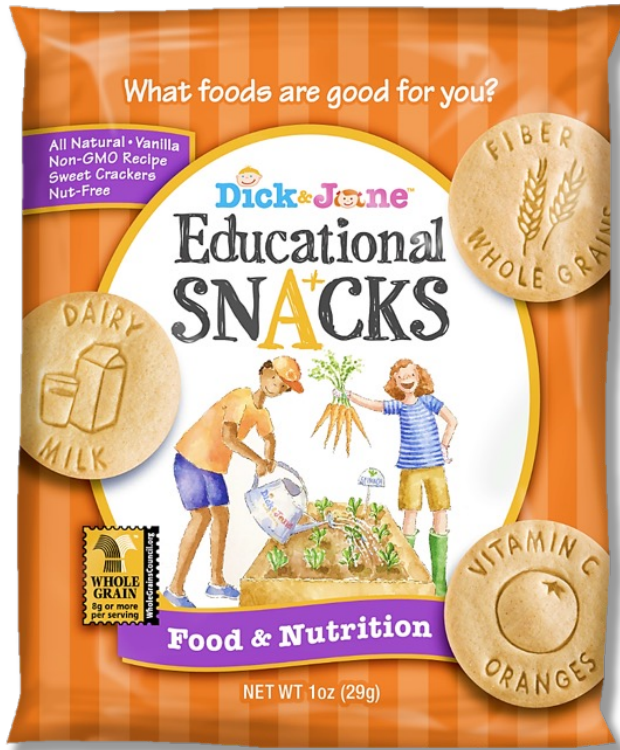
CELEBRATE

NATIONAL NUTRITION MONTH

Food & Nutrition



MARCH MENU



Food & Nutrition



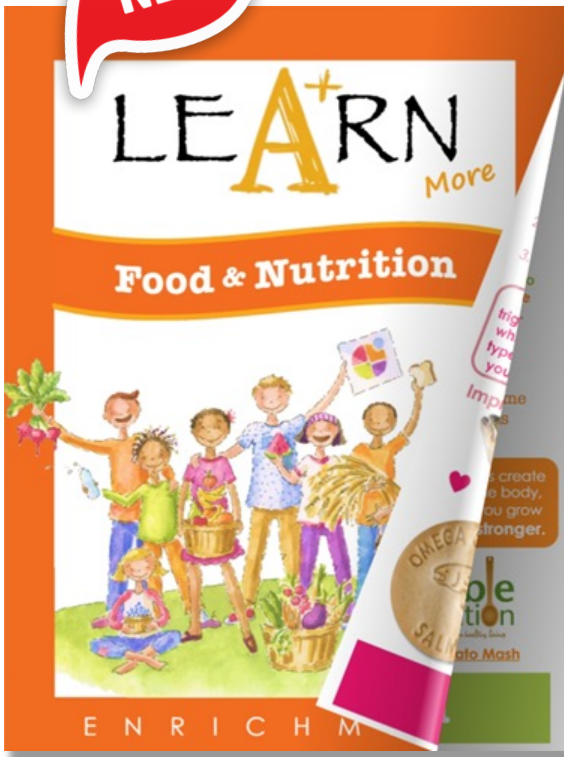
Pre-Book for March

Breakfast | Lunch | After-School Snack

Food & Nutrition is our "nutrition education" edition highlighting 50+ nutritional benefits of food like fiber from whole grain and vitamin C from oranges.



NEW



FREE

EDUCATIONAL ENRICHMENT

just in time for
National Nutrition Month!

Will include valuable information about vitamins & minerals, fun facts

Pre-Book for March

NEW DIGITAL MAGAZINE

Protein

Protein builds, maintains, and replaces the tissues in your body.

DID YOU KNOW?

Protein is made up of **22** amino acids, **9** of which are **essential**.

Protein is a **MACRONUTRIENT**

The body requires it in large amounts for proper function.

This means we must get them through food because our bodies cannot produce them.

18-20% of the body is protein.



MUSCLE

The body **cannot** store protein **long term**.

Which is why we need to replenish the supply by consuming protein-rich foods every day.

5 Sources of Protein

1. Meat
2. Beans
3. Dairy
4. Eggs
5. Soy

got milk?



edible education
Learns on Farms for Healthy Living

Milk contains ~ 8 grams of protein per 1 cup.



Builds Muscle

Vitamin C

Supports the immune system – the body's defense against infections.

DID YOU KNOW?

Vitamin C helps in the production of **white blood cells**, which are the cells that help our body **fight infections**?

What do you call a vitamin that improves your eyesight?

Vitamin C

A very important vitamin for healthy gums & teeth.

Vitamin C is water-soluble vitamin.

ENERGY booster

IMMUNITY

Vitamin C is also referred to as "ascorbic acid".



Oranges contain ~ 59 mg of vitamin C per 100 grams.

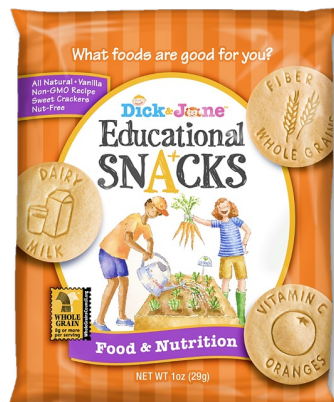
edible education
Learns on Farms for Healthy Living

Immune Health

The Perfect Match...

**NATIONAL
NUTRITION
MONTH**

MARCH



Pre-Book for National Nutrition Month in March

To order, simply ask your local distributor to order
Food & Nutrition, item #660904 from DOT Foods.



**Meet
Dick & Jane™**

Thank you for your support and
your enthusiasm for education!