



## March is National Nutrition Month



A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss.<sup>2</sup> Their low glycemic loads prevent blood sugar spikes that can increase hunger.

Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity.<sup>1,2</sup> Red, orange, yellow, green, white, blue and purple; while each color provides certain benefits, no single fruit or vegetable provides all the nutrients you need to be healthy. When paired with other colors, the effects on your health are astonishing. See the list below for each fruit and vegetable color's superpower!

- ✓ **Red** (tomatoes, beets, strawberries, red peppers)- contain lycopene for heart health, decrease breast and prostate cancer risk, increase brain function
- ✓ **Orange and yellow** (pineapple, mango, bananas, peaches, pumpkins, yellow peppers)- contain carotenoids, which reduce risk of heart disease and inflammation, strengthen immune system, improve vision
- ✓ **Green** (spinach, arugula, broccoli, kiwi, kale, avocados)- contain indoles and isothiocyanates which may help prevent cancer; high in vitamin K, potassium and fiber
- ✓ **White and brown** (onions, mushrooms, cauliflower, garlic, leeks)- contain flavonoids and allicin, which have anti-tumor properties; may reduce cholesterol and blood pressure and improve bone strength.
- ✓ **Blue and purple** (blueberries, blackberries, eggplants, figs, plums, concord grapes, purple cabbage)- contain anthocyanins and antioxidants which improve brain health and memory; also lower blood pressure and reduce risk of stroke and heart disease.<sup>1</sup>

In celebration of **National Nutrition Month**-Ellis employees can enjoy a **FREE** piece of Fresh Fruit at BWC or Nott St. cafés, with any purchase- **March 16-29**. Compliments of **Healthy ME** in partnership with **Dining and Nutrition Services**.

**FREE Fresh Fruit** delivery to MVP building, M CCP, 433 State St., Mohawk Harbor and the Mental Health Clinic on Tuesdays, March 10 and 17!

### Sources:

1. Terpstra, Caitlin. "Eat a Rainbow of Food for Good Health." *Mayo Clinic Health System*, Mayo Clinic Health System, 3 June 2022, [www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/eat-the-rainbow-for-good-health](http://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/eat-the-rainbow-for-good-health).
2. "Vegetables and Fruits • the Nutrition Source." *The Nutrition Source - Harvard Chan School*, 16 May 2025, [nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/](http://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/).

## EAP and Financial Webinars:

EAP Registration Provides 24-hour post-webinar content access and P4G credit!

### EAP: Understanding Seasonal Affective Disorder

March 19 | 12 PM

Participants will learn the common symptoms of SAD, theories for why it happens, as well as treatments that can be effective. Leave with a plan to improve symptoms throughout the year!

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_ar31D4mCT9OfTNpAbj3jHg#/registration](https://us02web.zoom.us/webinar/register/WN_ar31D4mCT9OfTNpAbj3jHg#/registration)

### EAP: Understanding Social Styles in the Workplace

March 31 | 12 PM

This training is designed to help participants identify different social styles and how they influence interactions in the workplace.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_7wtc\\_DVOSrKoGRK7oEml-A#/registration](https://us02web.zoom.us/webinar/register/WN_7wtc_DVOSrKoGRK7oEml-A#/registration)

### Corebridge Financial: Social Security and Your Retirement:

March 27 | 11 AM-12 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdltf5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

### Broadview FCU: Fraud Prevention

March 5 | 5 PM

Your personal information is solid gold for criminals. Why make it easy for them to steal your identity and money? Learn how to keep your Social Security number, passwords, account numbers, and other personal information safe.

Register at:

[https://broadviewfcu.zoom.us/webinar/register/WN\\_UqRzF8w-Sxev4Z5wu-MaZA#/registration](https://broadviewfcu.zoom.us/webinar/register/WN_UqRzF8w-Sxev4Z5wu-MaZA#/registration)

### Broadview FCU: Ask the Experts: College Decisions

March 11 | 5 PM

Best for parents and high school students Join our knowledgeable experts from the College Bound team for a virtual panel discussion of common questions relating to paying for college. Make sure you and your future grad have the knowledge you need to complete the process with confidence.

Register at:

[https://broadviewfcu.zoom.us/webinar/register/WN\\_Bjw0hJTGQcypWvMotEAMAw#/registration](https://broadviewfcu.zoom.us/webinar/register/WN_Bjw0hJTGQcypWvMotEAMAw#/registration)

QUALIFYING  
HEALTHY ME  
ACTIVITY

## Sheet Pan Salmon and Asparagus

Sheet pan meals are quick, easy, and don't have a lot of clean up. What could be better? This salmon and asparagus version is diabetes-friendly and packed with omega-3 fatty acids, making it a healthy choice for a weeknight meal.



### Ingredients

- 2 tbsp olive oil
- 1 tbsp fresh dill (chopped)
- 1 whole lemon (zest and juice)
- ½ tsp Kosher Salt
- 1 pinch black pepper (to taste)
- 4 salmon fillets (5 oz each)
- 1 bunch asparagus (cut into long spears)

**Nutrition Facts: Serving size: ¼ of recipe (makes 4 servings | 1 filet and ¼ of asparagus)**

Calories 210 kcal, Total Fat 15g, Saturated Fat 2.5g, Sodium 420mg, Total Carbohydrate 4g, total Sugars 1g, Added sugars 1g, Dietary Fiber 1g Protein 15g, Cholesterol 45mg

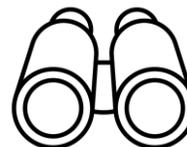
### Instructions

1. Heat the oven to 375 degrees F and cover a sheet pan with parchment paper.
2. In a small bowl, combine the olive oil, chopped dill, lemon zest, lemon juice, kosher salt, and pepper.
3. Place the salmon filets and asparagus on a sheet pan and spoon the herb mixture on top of each filet.
4. Bake until the salmon is cooked to an internal temperature of 145 degrees F, about 20 minutes and the asparagus is tender.

Source: <https://diabetesfoodhub.org/recipes/sheet-pan-herby-salmon-and-asparagus#recipe-steps-section>

## Know Your Numbers Screenings Coming in April!

Registration will open in early March



Bellevue Woman's Center | Friday, April 17

MVP Building | Tuesday, April 21

Ellis Hospital Graham Auditorium | Wednesday, April 29

### Follow Healthy ME Online & Win!

This month's winner: **Vanessa Burgos**

**Two Steps:** Go to [ellishealthyme.org](https://ellishealthyme.org), enter your email address (Ellis email is preferred but not necessary) where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. **It's mobile friendly!**

## Congratulations to our **WELL**come Back to Wellness Challenge Raffle Winners!

Thank you to everyone who participated in the Healthy ME **WELL**come Back to Wellness Challenge in January! Our random raffle winners are:

<b>YETI Cooler</b>	Alexis Blair and Derek Brunelle
<b>L.L. Bean Sled</b>	Kristin Judski and Jennifer Steimel
<b>Walking Pad</b>	Crystal Muniz-Beehm and Kimberly Wendolski
<b>Vitamix Immersion Blender</b>	Jenny Chen and Kristin Howes

## MVP Living Well Programs Open to ALL!

Visit <https://www.mvphealthcare.com/members/resources/health-wellness/healthy-lifestyle> to see all programs and select registration. All LWP are open to members and non-members and are qualifying wellness activities for the 2026 Wellness Passport on Passport 4 Good!

### March Highlights

**Breath Breaks for Sound Sleep (Virtual)**- In partnership with Slo Breathworks. Join our new self-guided breath break journey this March! Each Tuesday morning, you'll receive a self-guided email featuring a new, evidence-based breathing technique  
Register Here <https://www.mvphealthcare.com/about/events/living-well/breath-breaks-for-sound-sleep-1518>

**Yoga for Better Sleep (Virtual)** -Learn practical, hands-on tools to create a better sleep routine based on your body, brain waves and nature. Monday, March 9 12-12:45 PM.  
Register here:  
<https://www.mvphealthcare.com/about/events/living-well/yoga-therapy-for-better-sleep-1586>



LWP calendar