

# MARCH

Spring is just around the corner, and the pressure is on. There's still so much to cover as the school year winds down! Keeping your energy up is a necessity. March is **National Nutrition Month**, so read on to find suggestions on how to fuel up in a healthy way.

## Fight Stress with Healthy Habits

1. Slow down
2. Snooze more
3. Let worry go
4. Laugh it up
5. Get connected
6. Get organized
7. Practice giving back
8. Be active every day
9. Give up bad habits
10. Lean into things you can change



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## Make One Change for the Better

This month, try a **new fruit and a new vegetable**. Not only are they high in vitamins, minerals, and fiber, they're low in calories. They may even help you control weight and blood pressure, too.

## Banana Split Berry Yogurt Parfaits

Serves 4

### Ingredients

- 2 6-ounce containers fat-free pineapple yogurt
- 1 cup sliced strawberries or 1 cup mixed berries
- 1 large banana (about 1 cup sliced)
- ¼ cup low-fat granola (4 tablespoons)
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioner's sugar
- 2 teaspoons hot water

### Directions

1. To assemble the parfaits, in each of four small dishes, layer as follows: about ⅓ cup yogurt, ¼ cup sliced strawberries, and ¼ cup sliced bananas. Sprinkle 1 tablespoon granola over each parfait.
2. In a small cup, stir together the cocoa powder, confectioners' sugar, and hot water until smooth. Drizzle 1 teaspoon over each parfait.



<b>Nutrition</b>	Calories	157	Cholesterol	1 mg
<b>Analysis</b>	Total Fat	0.9 g	Sodium	75 mg
<b>(per serving)</b>	Saturated Fat	0.2 g	Carbohydrates	34 g
	Trans Fat	0.0 g	Fiber	2 g
	Polyunsaturated Fat	0.2 g	Sugars	25 g
	Monounsaturated Fat	0.3 g	Protein	6 g
	Dietary Exchanges: 1 low-fat milk, 1 other carbohydrate			

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