



## MAY IS MENTAL HEALTH AWARENESS MONTH

The United States has been observing Mental Health Awareness month since 1949. This May let's reduce the stigma around mental and behavioral health and promote foods that offer mental health support! Research suggests what we eat can affect our mood and other parts of the body. The gut to brain connection plays a significant role in mental health with a shown link between healthy gut and reduced stress, anxiety and depression.

This month we are creating awareness of the importance of prioritizing ourselves in support of mental health and eating good food to help support a good mood:

- Fresh fruits and vegetables provide a variety of vitamins, minerals and antioxidants
- Whole grains give a boost of fiber
- Seafood provides omega-3 fatty acids and lean protein
- Water and hydrating foods like fruits and vegetables will help keep you hydrated, which also supports your mood and cognitive function



## CHEF'S TIP: EXCITING WAYS ENJOY NATIONAL SALAD MONTH

National Salad Month brings us exciting opportunities to celebrate the diverse landscapes of salads! Breakfast salads are emerging as a fun and exciting way to incorporate fruit and vegetables into your morning. The key is combining sweet and savory flavors with a variety of textures to keep things fresh and exciting!

### Follow these steps:

- Start with whole grain and greens as the base
- Add some citrus for a refreshing sweetness
- Layer on grilled fruit and a savory vegetable like fennel or asparagus to help round things out
- Bring in some textural diversity with crunchy toppings like pepitas and almonds
- Top with a quick yogurt-based dressing, and you're ready to enjoy your new breakfast routine!

## FLAVORS OF THE SEASON!

There is nothing like the taste and color of an in-season strawberry! May is National Strawberry Month and a great time to enjoy this delicious berry. Whether you are adding frozen strawberries to smoothies, fresh strawberries to an arugula salad, or dried strawberries to a trail mix, there are so many health benefits you will get!

Because fresh strawberries contain a good amount of water, they only include about 8 grams of carbohydrates for a half cup serving and will help with hydration too. One cup of strawberries will provide almost all the daily recommended intake for Vitamin C, helping to support the immune system, heart health, skin health and more! Lastly, strawberries contain a variety of antioxidants which support the body by reducing inflammation. There are so many reasons to enjoy strawberries this May, but my favorite is the delicious flavor!



**FIND YOUR  
NEXT FAVORITE  
RECIPE!**