

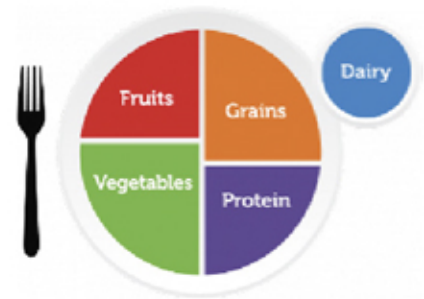
Know Your Numbers

What are your recommended **vitamin & mineral amounts?**

Optimal nutrition is important to keep your body healthy. The **vitamins and minerals** you need come from the foods you eat. Some medications may deplete essential nutrients, so talk with our pharmacists to learn how to intake more vitamins and minerals within your diet.

Tips for Nutritional Wellness

- Eat a variety of foods from all food groups.
- Portion your plate to include fruits, grains, vegetables, protein, and dairy.
- Learn how your nutrient needs may change with age.
- Make tasty foods at home.
- Buy foods in season and shop local.
- Know your daily required vitamin & mineral numbers.



— NATIONAL —
NUTRITION MONTH
— MARCH —

Talk to Our Pharmacists For More Information