



March Feature Eating Well for Energy

Celebrate Nutrition Month by learning how to achieve a healthy and balanced diet. Discover which foods will give you a brain boost and an energy surge to get you through your day, and how nutrition can boost your cognitive function throughout your life.

What you eat can have a big impact on your overall health. This Nutrition Month, learn how to make informed food choices with the articles [Healthy Nutrition](#) and [Nutrients in Whole Foods Versus Supplements](#). You may find that the better you eat, the more energy you have. The article [Boosting Your Energy](#) explains why.

And don't forget International Day of Happiness on March 20th. Having a positive attitude can help you at home and work. Find out [The Benefits of Positive Thinking](#) in the series Practicing Positivity.

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