



March is National Nutrition Month®! Have a healthy snack on us!  
[eatright.org/nnm](http://eatright.org/nnm)



5-9 SERVINGS of fruits & vegetables per day is the general recommendation

HAVE A HEALTHY SNACK ON US!

Only 4% OF KU STUDENTS are meeting the recommendation of fruits and vegetables

March 3 - Noon  
Watkins Health Center

KU Dining served 46,187 apples last semester, which is approximately 15,396 lbs

March 10 - Noon  
Kansas Union

EAT THE RAINBOW! Different colors are associated with different nutrients

March 31 - Noon  
Wescoe



**KU** WATKINS HEALTH SERVICES  
The University of Kansas

