

MARCH



Nutrition Month



REMINGTON
& VERNICK
ENGINEERS

March is recognized as Nutrition Month, dedicated to emphasizing the importance of making smart food choices and maintaining a balanced diet. Proper nutrition can improve health, boost energy, and enhance overall quality of life. By focusing on healthy eating habits, you can help prevent illness, support physical and mental well-being, and learn practical ways to nourish yourself and your family.

Healthy Eating Tips

- **Stay Hydrated:** Aim for 6 to 8 (or more) glasses of water a day
- **Eat Regularly:** Do not skip meals, especially breakfast
- **Listen to your body:** Eat when you are truly hungry, and pay attention to your hunger cues
- **Shop Smart:** Choose whole grains, fruits, and vegetables (fresh or frozen), nonfat dairy, and lean meats. Limit high-fat, high-calorie snack foods
- **Build Your Diet on Whole Grains:** Whole grains provide essential vitamins, minerals, fiber, and beneficial plant compounds (e.g., flavonoids found in berries - antioxidants)
- **Enjoy Fruits and Vegetables:** These nutrient-dense foods offer important vitamins (A, C, folate), minerals such as potassium, and phytochemicals that may help prevent disease

High-Protein Orange Mango Smoothie

- 1 cup orange juice (from 2 medium oranges), plus orange twists for garnish
- 1 cup frozen mango chunks
- 1 cup unsweetened soy milk
- ½ cup nonfat plain strained (Greek-style) yogurt
- ¼ cup plain, unsweetened, plant-based protein powder
- 1 tablespoon pure maple syrup or honey



HUSK Nutrition

Remington & Vernick Engineers employees and their dependents, regardless of benefits enrollment, have access to **HUSK Wellness**, including **HUSK Nutrition**—a virtual health and nutrition service designed to meet individual needs. Work one-on-one with a registered dietitian to create a personalized nutrition plan tailored to your goals, health needs, and lifestyle. Whether you want to improve your eating habits or need expert advice, HUSK offers evidence-based solutions to help you thrive. Learn more at marketplace.huskwellness.com. Please note, your cost per session will vary based on your insurance coverage. Direct billing (not through insurance) is also available at \$49.99 per session.

Aetna Resources*

- **Aetna Health Your Way:** A personalized digital health platform designed to help members stay on track and reach their health goals. Members can access it by signing in on the Aetna website or by downloading the My ActiveHealth wellness app.
- **Nutrition Counseling:** Covered at 100% per visit, with no deductible. Members age 22 and older are eligible, with access to 26 visits per 12 months. Of these, up to 10 visits may be used specifically for healthy diet counseling. Healthy diet counseling includes preventive guidance, nutritional counseling and support for managing high cholesterol and other risk factors for heart and diet-related chronic diseases.

*Available to those enrolled in a Remington & Vernick Engineers medical plan.

Sources:

- [Get the Nutrients You Need](#)
- [Healthy Eating Basics](#)