



August 2024

foodandhealth.communications®

# NEWSLETTER



Farmer's Market with fruits and vegetables

## Share with Your Clients:

- Recipe: Collard Greens
- Recipe: Kale Salad
- Recipe: Rainbow Kale
- Cooking With Greens
- Light Physical Activity 101
- Summer MyPlate
- Build A Higher Fiber Salad
- 7 Fast Healthy Meals

## Research Corner:

- Lipids and Cognitive Decline

## Editor's Note:

This issue talks about the benefits of light physical activity and its benefits for all especially for obesity prevention for children. It has a great handout for MyPlate and summer PLUS our fastest, healthy meals!

-- Judy Doherty, MPS, PC II

# January 2edition Food And Health Communications

**Anthony S. Fauci**



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