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Understanding Your Kidney Health

March is National Kidney Month, making it a great time to take charge of your health to lower your chances of developing kidney disease. Your kidneys filter your blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate your blood pressure. As such, the kidneys play a vital role in your body.



The Science of Snacking

Snacking has a bad reputation, but it can be an important part of a healthy diet. It comes down to choosing healthy snacks and watching portion sizes.

Nutrition is key to a healthy lifestyle. Snacking on healthy bites during the day offers the following benefits:

- **Healthy snacking increases energy.** It can provide midday energy boosts and fuel for exercise.
- **Healthy snacking provides nutrients.** It can meet your daily nutrient needs. The best snacks consist of nutrient-dense foods like fruit, vegetables, whole grains, low-fat dairy and nuts.
- **Healthy snacking keeps your blood sugar levels steady.** It can keep your blood sugar levels even if you eat consistent carbs at each meal or snack. Remember that your blood sugar dips three to five hours after eating.
- **Healthy snacking prevents overeating.** It can decrease your hunger and the odds of overeating at mealtime.

Don't snack right before a meal, and only eat a snack if you are truly hungry. Try incorporating the five healthy desk snacks below into your meal plan.



Preparing for Tax-filing Season

Tax season is here, so if you haven't done so already, it's time to gather all the appropriate information you need to file your 2021 tax returns. The federal tax deadline is April 18, 2022. Many people elect to file their tax returns electronically. This can be done in various ways, such as using tax preparation software or a tax professional. The IRS offers several options for filing electronically, including the IRS e-file system, the IRS e-file system, and the IRS e-file system. The IRS e-file system is the most common way to file electronically, and it is available to most taxpayers. The IRS e-file system is available to most taxpayers, and it is the most common way to file electronically. The IRS e-file system is available to most taxpayers, and it is the most common way to file electronically.