

Nutrition Month Challenge

MARCH 2024

WEEK 1: FRUITS & VEGETABLES

- Eat the rainbow - adding as many colors as possible in your meals and snacks will pack them with nutrients
- Add fresh, canned or frozen fruit to yogurt or oatmeal or baking
- Substitute raw veggies for crackers or chips
- Try a new fruit or vegetable (fresh, canned or frozen)
- Keep a bowl of fruit on the counter for a grab-n-go snack
- Add greens such as kale, avocado or spinach to a smoothie

WEEK 2: PROTEIN & WHOLE GRAIN FOODS

- Read about the benefits of choosing plant-based protein
- Include plant-based protein in a meal
- Include a palm size portion of lean animal protein (e.g. fish/seafood, chicken, turkey) to your meal
- Switch white bread, pasta or rice for a whole grain option
- Select a grain product that is high in fiber (5g or more per serving)
- Try a new whole grain such as quinoa, brown rice, oats, wild rice or barley

WEEK 3: BUILDING HEALTHY HABITS

- Find an item that is marketed to be healthy and evaluate its nutrition facts table
- Eat a meal with others
- Eat all meals in one day without any distractions
- Work on adopting an “all foods can fit” approach to eating, shifting the focus from rigid rules and restrictions
- Pay attention to your hunger and fullness cues when eating
- Make a homemade meal that follows the plate method

WEEK 4: RETHINK YOUR DRINK

- Drink a glass of water with your meals
- Carry a reusable water bottle when you are out and about
- Try a fruit and herb infused water or carbonated water
- Drink water during and after physical activity or playing sports
- Keep a pitcher of water in the fridge or on the table for easy access
- Avoid alcoholic or sugary drinks (pop, juice, etc.) for the week

Name: _____

