

Nutrition Month

SUN	MON	TUE	WED	THU	FRI	SAT
					Day 1 *Drink 6-8 glasses of water (minimum 8 oz each)	Day 2 Eat the rainbow - include at least 3 differentiated colored fruits or veggies in each meal
Day 3 Plan your Meals and snacks for the entire week to avoid unhealthy choices when hungry	Day 4 Reduce added sugars - Be extra mindful of added sugars in packaged foods and drinks today. Choose lower sugar options	Day 5 Mindful Munching Eat slowly and savor each bite. Be more aware of hunger and fullness cues from your body	Day 6 Eat Breakfast Start your day with a balanced breakfast that includes protein, fiber and healthy fats	Day 7 Snack Smarter Choose whole, unprocessed snacks like fruits, nuts or yogurt instead of high sugar processed foods - this will also keep you more full!	Day 8 Read the Label Pay attention to serving sizes and ingredients lists on food labels (Hint: Download the Trainest app to stay accountable)	Day 9 Cook at Home Prepare at least one meal at home today to control ingredients, portion size and sodium
Day 10 Fiber Fiesta - Aim for 3 servings of high-fiber foods like fruits, veggies or whole grains	Day 11 Feeling Spicy Explore new herbs and spices to add flavor to your meals without relying on extra salt	Day 12 Frozen Friend Frozen foods get a bad rap. Choose frozen fruits & veggies which are just as nutrition as fresh! Plus they're extra convenient	Day 13 Portion Patrol Use smaller plates and bowls to help keep portion size under control	Day 14 Soup's On Enjoy a healthy and satifying bowl of soup for lunch or dinner *Just be mindful of sodium count or make your own!	Day 15 Leftover Lovin' Enjoy leftovers for lunch or dinner to avoid food waste and save time	Day 16 Limit processed food intake which is often high in sodium, unhealthy fats and added sugars
Day 17 Move your Body Combine your healthy eating habits with regular physical activity for overall well-being	Day 18 Snooze to WIN Aim for a minimum 7-8 hours of sleep each night as sleep is key to regulating appetite hormones	Day 19 Read Food Labels Pay extra close attention to saturated and trans fats, sodium and added sugars on labels	Day 20 Drink Unsweetened beverages like water, unsweet tea or black coffee over sugary drinks	Day 21 Fruit for Dessert Substitute a piece of fruit instead of a sugary dessert after meals	Day 22 Mindful Cooking Practice mindful cooking techniques, focusing on the process and enjoying the experience.	Day 23 Share a Meal Connect with loved ones over a healthy and yummy home-cooked meal
Day 24 Try a New Recipe Have your eye on recipe you've been wanting to try? Now's your chance!	Day 25 Gratitude Plates Take a moment before each meal to appreciate the food that's on your plate	Day 26 Limit Fried Foods Choose healthier cooking methods like baking, grilling, air frying or steaming over fried	Day 27 Eat with Others Have a lunch or dinner date with a friend or co-worker! This can also help you eat slower and be more mindful	Day 28 Listen to your Body Pay attention to your body's hunger and fullness cues to over overeating	Day 29 Stress Less And eat well! Practice stress management techniques like meditation or yoga and help avoid eating stress-related foods	Day 30 Celebrate your Success Cheers to you for making the commitment to healthy eating habits
Day 31 START FRESH! Reflect on what worked well this month and set new small, achievable goals for next month!	*Consistency is Key! Focus on making small, sustainable changes to your diet and celebrate the little wins along the way	*Listen to your Body! No diet plan or guideline works for everyone. Know your body's signals and pay attention to your energy levels	*Nourish you body, DO NOT deprive yourself!			