

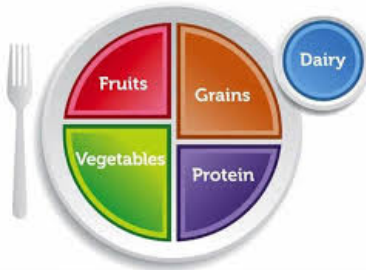















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 MEATLESS MONDAY Serve up beans or lentils for a heart healthful plant-based protein	02 INCORPORATE HEALTHY FATS <div><div><div>• Olive oil</div><div>• Nuts/Nut Butters</div></div><div><div>• Fish</div><div>• Avocado</div><div>• Flax & Chia</div></div></div>	03 BAKE INSTEAD OF FRY 	04 REDUCE SODIUM Cook with dried spices and herbs instead of salt to add flavor to your dishes	05 MYPLATE Fill half your plate with fruits and vegetables 	06 INCREASE FIBER Swap white bread with 100% Whole Wheat	07 
08 LIMIT ADDED SUGARS Choose foods and beverages with little to no added sugars	09 QUIZ TIME <u>Test your food group IQ</u>	10 DRINK IN MODERATION 1 drink or less in a day for women 2 drinks or less in a day for men	11 	12 TRY A NEW RECIPE <u>Apple-Tuna Salad</u>	13 FOCUS ON WHOLE FRUITS 	14 ADD LOW-FAT OR FAT-FREE DAIRY 
15 PLANNING <u>Food planning during the pandemic</u>	16 	17 TRY A NEW RECIPE  <u>3-Can Chili</u>	18 MAKE HALF YOUR GRAINS WHOLE GRAINS 	19 VEGETABLE OF THE SEASON Use an in-season vegetable in one of your meals	20 GET A PERSONALIZED NUTRITION PLAN <u>MY-PLATE PLAN</u>	21 
22 TRY A NEW RECIPE <u>Apple Oatmeal Muffins</u>	23 STAY HYDRATED  Drink an extra glass of water with breakfast, lunch, and dinner	24 TRY A NEW VEGETABLE 	25 VARY YOUR PROTEIN Seafood, meat, poultry, eggs, beans, peas, and lentils, nuts, seeds, and soy products	26  EAT FOODS YOU ENJOY	27 WHOLE-GRAIN OPTIONS whole-grain pita, tortillas, naan, whole-grain flatbread, sliced breads, or rolls	28 DIETS <u>Why diets don't work</u>
29 HAVE FISH OR SEAFOOD TWICE A WEEK 	30 TRY A NEW RECIPE <u>2-STEP CHICKEN</u>	31 FOOD LABELS <u>How to understand and use the nutrition fact labels</u>				