

Smart Choices for Every Day

Nutrition Calendar



Power up your nutrition wisdom and discover that eating healthy feels good!



Many times we get in the habit of eating the same foods every day. Read and act on the daily **Smart Choice** listed on the reverse side to open your eyes to new food options and learn about their benefits. Enjoy!

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Sports and Wellness Complex

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- 1** **CLEAN OUT THE REFRIGERATOR AND CABINETS** of all unhealthy, tempting foods.
- 2** **DRINK WATER.** Americans on average consume an additional 500 calories a day from beverages. If you replace your other drinks with water you'll not only eliminate the additional calories but also fill the body with its much needed fluid of life, which is important for regulating temperature, metabolizing fat, and much more.
- 3** USDA's MyPlate recommends that half of your plate be filled with fruits or vegetables. Beans are the perfect choice because they are high in fiber, which keeps you full longer, and are loaded with protein. **HAVE ONE SERVING OF BEANS TODAY**
- 4** Cucumber is one of the best-known natural diuretics. It's also naturally high in silicon and sulphur, known for promoting healthy hair, skin, and nails. **SNACK ON CUCUMBER SLICES OR ADD THEM TO YOUR SANDWICH AND SALAD.**
- 5** Replacing bad food with good is one step in the right direction. **SNACK ON CARROTS AND HUMMUS INSTEAD OF CHIPS AND DIP.**
- 6** Avoid white flour and processed grains for a healthier diet filled with fiber, vitamins and minerals. **USE WHOLE-WHEAT BREAD OR A WHOLE-WHEAT PITA INSTEAD OF WHITE BREAD.**
- 7** Busy day at work? **KEEP SINGLE-SERVE PACKAGES OF WHOLE GRAIN CRACKERS, FRUIT, PEANUT BUTTER, SOUP OR TUNA IN YOUR DESK FOR A QUICK LUNCH.**
- 8** **BREAK FOR A MID-AFTERNOON SNACK.** It will curb your appetite and provide nutrition for your after-work walk or workout. This might be reduced-fat peanut butter on a whole grain cracker, string cheese, fruit or cottage cheese.
- 9** **Before hitting the fridge, WAIT 10 MINUTES.** . Chances are you're not hungry; often people eat out of boredom and not hunger.
- 10** Sunday eggs with the family...**fill your omelet with onions, peppers, spinach, mushrooms and tomatoes.**
- 11** Studies show that tea, especially green tea, contains the antioxidant EGCG, which reduces the risk of most types of cancer, lowers cholesterol levels and protect cardiovascular function. It's also known to boost metabolic rate and speeds fat oxidation. **DRINK 3 CUPS OF GREEN TEA TODAY.**
- 12** Try a real super food loaded with vitamins A, B1, B2, B6, C, and E, manganese, iron, copper, calcium, fiber, and a whole host of other phytonutrients. **SERVE A SIMPLE KALE SALAD ALONG WITH YOUR MAIN MEAL.**
- 13** Nuts are not fattening and are high in polyunsaturated and monounsaturated fats and plant sterols which lower LDL cholesterol. **HAVE NUTS AS A SNACK TODAY.**
- 14** **PACK A PITA...**stuff a whole-wheat pita with more vegetables such as lettuce, peppers, tomatoes, cucumbers, onions, olives and mushroom instead of meat and cheese.
- 15** Flaxseed is a potent source of heart-healthy omega-3 fats. **Sprinkle 2 tbs. a day on your cereal or salad. Buy it pre-ground and keep it refrigerated.**
- 16** Pineapple's nutrients include calcium, potassium, fiber, and vitamin C. In addition, it is loaded with bromelain, which helps with the digestion of proteins and reduces inflammation in the body. **ADD PINEAPPLE TO YOUR SALAD OR SMOOTHIE, OR GRILL IT FOR A SWEET, HEALTHY DESSERT.**
- 17** We all need an incentive to eat more vegetables. Green vegetables, like broccoli and spinach, provide health benefits, and people who eat more fruits and vegetables as part of an overall healthy diet are less likely to develop chronic diseases. **HAVE 2 SERVINGS OF 2 DIFFERENT GREEN VEGETABLES.**
- 18** Tomato's lycopene protects YOU against many cancers and degenerative diseases. Tomatoes are also great for skin tone and texture. **ENJOY A TOMATO, SPINACH AND LOW FAT MOZZARELLA PIZZA OR ADD EXTRA TOMATOES TO YOUR SALAD OR OMELET.**
- 19** **SIT DOWN TO EAT.** Your meals should be those moments in your day where you get to relax, even if for a brief minute. It's better for digestion and stress control.
- 20** **HOLD THE SUGAR. TODAY IS THE DAY YOU GET INTO THE HABIT OF EATING FOODS WITHOUT ADDED SUGAR.** Americans consume way more sweeteners than they actually need (2 to 3 pounds a week); eliminating added sugar is a sure way of controlling this dangerous trend and your weight.
- 21** Blueberries are rich in some of the most potent antioxidants -- substances that protect the body against free radicals. They're also loaded with vitamins A, C, and E, manganese, and fiber. **ADD THEM TO YOUR MORNING BREAKFAST FOR A POWERFUL START TO YOUR DAY.**
- 22** **EAT OFF OF A PLATE.** Never eat out of a bag or box. You won't know how much you've eaten until the container is empty.
- 23** **SLOW DOWN AND SAVOR EVERY BITE.** Research has shown that it can take 20 minutes for your stomach to signal your brain that you have reached satiety. So take your time and enjoy every delicious bite along the way.
- 24** Eating broth based soups are a great way to curb your appetite and prevent overeating. **START A MEAL TODAY WITH A BOWL OF SOUP.**
- 25** **EAT CHOCOLATE.** Reward yourself with a piece of dark chocolate – 70 percent cocoa or more. It's low in sugar and high in antioxidants.
- 26** If you're feeling down and lacking energy, eat more fruits, vegetables, and grain products. **FUEL UP WITH COMPLEX CARBOHYDRATES.**
- 27** **CUT BACK ON UNHEALTHY FATS.** Rather than frying meat, bake, grill or broil it for dinner tonight.
- 28** **CUT THE CARBS.** Wrap spicy cooked beef or chicken with leafy greens. Try Chinese cabbage, bok choy, or romaine lettuce.
- 29** **GO RAW.** Raw foods are rich in enzymes. Add several servings of raw fruit and a big green salad today and everyday.
- 30** **MAKE SNACKS COUNT.** Think of them as mini-meals, a hard-boiled egg, a sliced apple with almond butter, hummus with red pepper strips for dipping, or a handful of nuts.
- 31** Berries are rich in healing antioxidants. Fresh or frozen, scatter them on cereal and salads, use in smoothies and baking. Jazz up sparkling water by adding frozen berries in place of ice. **MUNCH ON BERRIES TODAY!**