



# Nutrition Habit Challenge

## Commitments

February 1 – 28, 2021

### Commitment Category: Beverage Consumption

#### Suggestions:

- I will replace soda with water.
- I will drink half my body weight (in pounds) in ounces of water each day.
- I will drink at least 8 oz. of water with every meal.
- I will replace sugar with a zero calorie sweetener in my beverages.
- I will replace all my caloric beverages (juice, tea, soda, etc.) with water.
- I will drink water immediately before and after consuming coffee.

### Commitment Category: Breakfast

#### Suggestions:

- I will wake up 15 min earlier and prepare breakfast; no processed foods.
- I will eat at least one serving of protein with breakfast every day.
- I will eat one serving of fruit with breakfast each day.
- I will incorporate vegetables into my breakfast every day.
- I will replace sugary cereals with low-sugar cereal options (less than 7 grams of sugar per serving).
- I will eat breakfast daily.

### Commitment Category: Dairy

#### Suggestions:

- I will eat at least one dairy product each day.
- I will replace my whole fat dairy products with low- or zero-fat dairy products.
- I will drink one glass of low-fat milk with my evening meal each day.
- I will replace my whole or 2% milk consumption with 1% or skim.
- I will only have one serving of cheese per day.





### Commitment Category: Fruit/Vegetable Consumption

#### Suggestions:

- I will eat no less than 4 servings of fresh fruits/vegetables each day.
- I will eat vegetables with two meals per day.
- I will eat at least two different colored fruits and vegetables each day.
- I will make half my plate fruits and vegetables with at least one meal.
- I will replace fruit juice with whole fruit every day.
- I will eat a side salad with at least one of my meals every day.
- I will include fruit with my lunch every day.








## **Commitment Category: Grains/Carbohydrate Consumption**

### **Suggestions:**

-  I will not eat foods with added sugars (such as high fructose corn syrup).
-  I will include whole grains in my breakfast every morning.
-  I will replace all refined grain products with whole grains.
-  I will ensure I eat at least 25 grams of fiber a day.






## **Commitment Category: Meal Planning**

### **Suggestions:**

-  I will eat 3 well-rounded meals every day (no skipping meals).
-  I will eat at least 3 food groups with all of my meals every day.
-  I will have a prepared and cooked dinner every day.
-  I will plan my meals at the beginning of the week so I don't resort to eating unhealthy convenience foods.
-  I will use a food journal and record all food and beverage consumption.
-  I will allow no more than 3 hours to pass between snacks and meals.
-  I will eat my last big meal of the day at least 2 or 3 hours before going to bed.



## **Commitment Category: Mindful Eating**

### **Suggestions:**

-  All meals will have a well-defined beginning and end (no seconds).
-  I will say a word of thanks before eating each meal, showing gratitude for what I have.
-  I will make a healthy modification with every meal (i.e. baked instead of fried).
-  I will eat one meal as a family each day at a table, without distractions (TV, phones, etc.).
-  I will only eat at the kitchen/dining room table when eating meals.







## **Commitment Category: Seasoning and Condiments**

### **Suggestions:**

-  I will use sodium-free seasonings instead of salt with my meals.
-  I will replace creamy salad dressing with olive oil and vinegar.

## **Commitment Category: Snacking**

### **Suggestions:**

-  I will replace empty calorie/processed snacks with fruits and vegetables
-  I will eat no more than 125 calories after my evening meal
-  I will only snack on vegetables after my evening meal.
-  Each evening I will prepare snacks for the following day.
-  I will limit my snacks to single servings every time I snack to avoid binge eating.
-  I will drink at least 16 ounces of water before I eat an after-dinner snack.