

30-Day Nutrition Challenge

Take the next 30 days to try this nutrition challenge.

Learn to try new foods and see how good you feel when eating healthy. Can you keep some of these healthy habits even after you've completed the challenge?

1 Drink at least 8 glasses of water.	2 Eat a vegetable with every meal.	3 Throw out expired foods from the fridge, pantry and freezer.	4 Use a smaller plate or bowl for each meal.	5 Create a healthy food log.	6 Plan ahead and pack a healthy lunch.
7 Try a new type of fish, lean protein, or vegan item.	8 Make lunch your largest meal.	9 Create a healthy meal using leftovers.	10 Eat a healthy snack.	11 Use a healthy substitute when cooking or baking. Try applesauce or low-fat milk.	12 Eat at least 3 fiber-rich foods today.
13 Rethink your drink. Do not consume any beverages with fat, sugar or added calories.	14 Read the food labels of 3 items you eat.	15 Try a new whole grain.	16 Eat every meal mindfully. Slow down, really taste and enjoy your food.	17 Try a new fruit or a different way of eating fruit. (Try frozen grapes or adding fruit to a bowl of cereal.)	18 Prepare a healthy no-cook meal for dinner.
19 Eat 3-4 servings of green veggies.	20 Try a new healthy recipe.	21 Track what you eat and count your calories.	22 Choose low fat or low sodium condiments.	23 Drink a glass of water before dinner.	24 Fill your plate with at least 3-4 different colors. White doesn't count.
25 Eat low-sodium foods today.	26 Fill up half your dinner plate with veggies.	27 Add a piece of fruit to your water to give it a new splash. (Try melon, pineapple or cucumber.)	28 Eat a healthy breakfast including 4 food groups.	29 75/25 rule: eat 75% of your foods as whole grains, fruits and veggies	30 Congratulations - you made it to Day 30! Repeat your favorite day or make a challenge of your own.