

March 2021 - Nutrition Challenge



The Academy of Nutrition & Dietetics encourages people to make informed food choices and develop sound eating habits. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. See page 2 for “The Science of Eating a Rainbow.”

Name: _____

Building: _____

Participation Guidelines:

- **Record the DATE** in the box of each challenge you have completed. One box per day. Example: you may NOT put 3/4/21 in 5 different boxes and get credit.
- **COMPLETE 25 days** and earn 100 points plus an entry into the monthly drawing. Days do NOT need to be in any specific order.
- **COMPLETE a minimum of 20 days** to be entered in the drawing only.
- Tracking forms must be received by Friday, April 9th. **Submit completed your form to health@fsd145.org to receive points and entry into the drawing.**

Try a red fruit or veggie.	Go meatless today.	Make a smoothie.	Eat a salad today.	Try a new crockpot recipe.	Go sweets-free today	Have eggs for breakfast.
Eat 20 or fewer almonds for a snack.	Choose whole grains today.	Eat a serving of beans.	Eat a tropical fruit.	Try a green fruit or veggie.	Drink at least 64 oz. of water.	Stop eating when satisfied (not full).
Go soda free today.	Eat 3 servings of veggies.	Bring your lunch to work.	Swap a healthy snack recipe with a friend.	Eat oatmeal for breakfast.	Sauté veggies as a side dish.	Try a new chicken or turkey recipe.
Eat fish today.	Eat 3 servings of fruit.	Try a new soup or stew.	Grill your favorite veggie.	Eat berries for dessert.	Go bread-free today.	Make half your plate fruits & veggies.

Submit forms to health@fsd145.org.

THE SCIENCE OF EATING A RAINBOW

Deanna M. Minich, "A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for "Eating the Rainbow"," Journal of Nutrition and Metabolism, vol. 2019, Article ID 2125070, 19 pages, 2019. <https://doi.org/10.1155/2019/2125070>.

RED FOODS	Inflammation	High in antioxidants (e.g., vitamin C) and red-food carotenoids (e.g., astaxanthin and lycopene) to help with reducing inflammation and modulating the immune system
ORANGE FOODS	Reproductive Health	Abundant in carotenoids, endocrine-regulating activities, and may play a role in fertility through support of processes such as ovulation
YELLOW FOODS	Digestion	Rich in fibers to support a complex microbiome and assist in maintaining gastrointestinal health through gastric motility and/or digestive secretions
GREEN FOODS	Cardiovascular Health	High in a variety of nutrients for cardiovascular health, such as vitamin K, folate, magnesium, potassium, and dietary nitrates
BLUE-PURPLE FOODS	Cognition	Polyphenol-rich foods to assist with learning, memory, and mood, including flavonoids, procyanidins, flavonols, phenolic acids