

# Bite into a Healthy Lifestyle

## 2016 March Madness Nutrition Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Complete at least 25 of the 31 activities. Put a check mark in the heart of each day you complete.</b></p>		<p> <b>1</b>  <b>Know your numbers!</b>            Make an appointment to get a full check-up with your doctor. Find out about your health.</p>	<p> <b>2</b>  <b>Download a nutrition tracking app</b> to help you learn more about healthy eating. Need some help? Click <a href="#">here</a>.</p>	<p> <b>3</b>  <b>Check the sodium and fat content of your favorite packaged food.</b>  <i>Write it down here:</i>            Sodium: ____ Fat: ____</p>	<p> <b>4</b>  <b>Healthy eating and portion control.</b>            WebMD shares sound health tips on portion control: click <a href="#">here</a>.</p>	<p> <b>5</b>  <b>Try something new!</b> Go to the fresh produce section of your grocery store, look for a new fruit or vegetable to try.</p>
<p> <b>6</b>  <b>Ode to Oils!</b> Make your favorite recipes using a heart healthy oil instead of shortening, butter, or margarine this week.</p>	<p> <b>7</b>  <b>Meatless Monday!</b> Find a dish that you like and make it meatless. Need ideas? Try meatless lasagna or tacos.</p>	<p> <b>8</b>  <b>Baked is better!</b>            What is your favorite fried food? Choose to make it baked or grilled this week.</p>	<p> <b>9</b>  <b>Steer clear of the salt!</b>            Commit to <b>not cooking with or adding salt</b> to your favorite foods today.</p>	<p> <b>10</b>  <b>Eat a healthier version of dessert!</b> Instead of milk chocolate, try dark chocolate or frozen yogurt, &amp; not ice cream.</p>	<p> <b>11</b>  <b>Fruit meet Water!</b> Take your favorite fruits, chop it up and add it to your water. Drink at least 5 glasses today!</p>	<p> <b>12</b>  <b>In the mood for pizza?</b>            Eat a healthier pizza. Try thin crust and add more veggies. Avoid adding dipping sauces for it.</p>
<p> <b>13</b>  <b>Grocery shopping.</b> Write down and plan at least two meals to make this week to eat over the next few days for lunch.</p>	<p> <b>14</b>  <b>There's an app for that!</b>            Try a Meal Plan app: Cozi Family Organizer, Yummly, AnyList, Meal Board, or Pepper Plate.</p>	<p> <b>15</b>  <b>Set your mind to practice</b> a quick &amp; easy healthy cooking method such as <b>roasting, steaming, or sautéing.</b></p>	<p> <b>16</b>  <b>Plan for a healthy themed meal night</b> like "Whole Foods" Wednesday or "Fresh Fish" Friday!</p>	<p> <b>17</b>  <b>Veggie St. Patrick's Day!</b> Increase your veggies! <b>Plan to eat at least 4-5 servings today.</b></p>	<p> <b>18</b>  <b>Snack makeover!</b>            Prepare a <b>healthy</b> version of your favorite snack to eat tonight when you get hungry.</p>	<p> <b>19</b>  <b>Plan a feast!</b> Instead of going out, plan a meal. Spend time at home cooking. Invite your friends or family over.</p>
<p> <b>20</b>  <b>Salad I love you!</b> Have salad with your dinner and add colorful veggies such as tomatoes, orange or yellow bell peppers.</p>	<p> <b>21</b>  <b>Fiber for good health!</b>            Research why and find 3 foods naturally high in fiber to start eating.</p>	<p> <b>22</b>  <b>Egg exchange! Lower your cholesterol.</b> Use egg whites this week with your breakfast.</p>	<p> <b>23</b>  <b>Wellness Wednesday!</b>            Eat a serving of heart healthy fish like <b>salmon</b> or <b>tuna</b>.</p>	<p> <b>24</b>  <b>Fill half your plate</b> with fruits and veggies in a variety of colors for a meal or snacks today.</p>	<p> <b>25</b>  <b>Go nuts for nuts!</b> Eat a handful of heart-healthy nuts like almonds, pecans, or walnuts.</p>	<p> <b>26</b>            Buy a <b>food item</b> at the store with the heart healthy <b>checkmark</b>.   <b>List the item:</b></p>
<p> <b>27</b>  <b>Toss 3 things out of your pantry</b> you buy that is high in fat or sodium and replace it with healthier food choices.</p>	<p> <b>28</b>  <b>Make breakfast a priority everyday!</b> Start the day with good food choices. Build the habit!</p>	<p> <b>29</b>  <b>How low can you go?</b>            Commit to purchasing low-fat versions of cheeses, yogurt, or milk.</p>	<p> <b>30</b>  <b>We're closed!</b> Treat your kitchen like a diner and close your kitchen by 8:30pm.</p>	<p> <b>31</b>  <b>Reflect and write down</b> at least one new healthy habit you formed to continue through 2016.</p>	<p><b>For questions, please contact Cassie at <a href="mailto:Cassie.dennis@unthsc.edu">Cassie.dennis@unthsc.edu</a>.</b></p> <p><b>For more National Nutrition resources, check out <a href="#">Eat Right</a> from the Academy of Nutrition and Dietetics.</b></p>	