



# Healthy Eating Challenge

## Participant Information Package

# Getting Started

Congratulations on taking steps towards healthy eating. Starting the Healthy Eating Challenge is a great way to get to know your co-workers and improve your health at the same time.

## Step 1: Pick an activity

Each week there are four challenge activities to choose from. You complete one activity each day. You can work on the same activity or choose a different challenge activity each day.

### Week 1:

**Paint your plate  
with vegetables  
and fruit**



### Week 2:

**Fill up on fibre**



### Week 3:

**Rethink your  
drink**



### Week 4:

**Hold the salt**



## Step 2: Earning points

There are three ways to earn points:

### Daily points

- Earn 1 point for completing the challenge activity you chose to work on for the day. A maximum of 1 point can be earned each day.

### Maintenance points

- If you maintained any healthy eating habit over the challenge, you get an extra 10 points at the end of the challenge.
- The 10 points are awarded whether you keep up with one or more than one goal. It is all about recognizing your efforts towards making sustainable change.

## Bonus points

- Earn 5 points for completing a bonus activity. Bonus activities can be completed at any time during the challenge.
- Each activity can only be completed once.
- Teams can choose to complete a bonus activity together. All participants in the team earn 5 points each once the bonus activity is completed. For example, everyone earns 5 points for being part of a healthy potluck.
- See “[My Healthy Eating Challenge Log Sheet](#)” for bonus activity options. Examples of bonus activities include sharing your favourite healthy recipe with coworkers, organizing a healthy recipe exchange or offering healthy food and snacks to share in common areas.

## Step 3: Tracking points

- Keep track of your points using the [My Healthy Eating Challenge Log Sheet](#).
- At the end of the challenge, add up all your points at the bottom of the sheet.
- Points can be submitted to the challenge coordinator or your team captain each week. The challenge coordinator may post everyone’s points in common areas, like the lunchroom, to motivate others and promote healthy competition!

The image shows a sample of the 'My Healthy Eating Challenge Log Sheet' from Alberta Health Services. It is a tracking sheet with a header section explaining the challenge and a table for logging points. The table has columns for 'Activity', 'Points', and 'Date'. There are four main sections for logging points: 'Week 1: Eat Your Plate With Vegetables and Fruit', 'Week 2: Fill Up With Fibre', 'Week 3: Exercise With Healthy Choices', and 'Week 4: Meet The Task'. Each section has a table with rows for logging points and a total points row at the bottom of each section.

## Step 4: Connect with your co-workers

- Connect with other challenge participants and other co-workers and share your experience, challenges, and tips. Learn from and support each other when working on your healthy eating challenges.
- Consider planning fun, social, and healthy activities to celebrate success. Consider setting up a weekly lunch date, taking a walk together, or meeting for a water/coffee break after work.

## Staying on track

Writing SMART goals for yourself throughout the challenge is a great way to help you stay on track. SMART goals are Specific, Measurable, Attainable, Rewarding, and Timely.

Need help writing SMART goals? Go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Getting Started: Setting SMART Goals](#) and [Setting SMART Goals](#).

# Paint your plate with vegetables and fruit

Add a splash of colour and energy boosting vitamins and minerals to any meal or snack. Try the challenges below to get the most out of this food group!

Earn **1 point** each day you complete a challenge activity



## Challenge Activities

### Option 1: Give them a try

Try **one new** vegetable or fruit or try a vegetable or fruit on your dislike list again!

### Option 2: Snack attack

Have a vegetable or fruit as a snack.

### Option 3: Build a better breakfast

Add a vegetable or fruit to your breakfast. Try:

- fruit on the side
- banana slices in your cereal or toast
- frozen berries in your yogurt
- vegetables in your egg omelet

### Option 4: Build a better plate

Fill half your plate with vegetables at both lunch and supper. Enjoy vegetables fresh, frozen, or canned.

## Resources

For ideas on how to eat more vegetables and fruit, go to

[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Eat More Vegetables and Fruit](#) and [Healthy Snacking](#).

# Fill up on fibre

Fibre is the part of plant foods that our bodies cannot fully digest and absorb. They help keep us feel full after meals and lower our risk of heart disease and colon cancer.

Earn **1 point** each day  
you complete a  
challenge activity!



## Challenge Activities

### Option 1: Vegetable top up

Add extra vegetables (fresh, frozen or canned) to dishes like pasta, casserole, rice or soup.

### Option 2: Great grains

Try **one new** whole grain. Use the [Choose Whole Grains](#) resource to discover new and exciting options!

### Option 3: Beans and lentils – fibre superstars

Add beans and lentils to salads, spaghetti sauces, casseroles or soups to give your meal a fibre boost.

### Option 4: Meet your needs

Get the recommended 21–38 grams of fibre a day. Use the [Fibre Facts](#) handout to help you find out how much fibre is in the foods you eat.

## Resources

For ideas on how to eat more fibre, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Choose Whole Grains](#) and [Choose and Prepare Healthy Food](#).



# Rethink your drink

Drinks containing sugar and/or fat are often high in calories. Choose healthy drinks at work, home, and while exercising. Try one or more of the challenges below!

Earn **1 point** each day you complete a challenge activity!

## Challenge Activities

### Option 1: Water on the go

Bring a water bottle to work to stay hydrated through the workday.

### Option 2: Lighten up your coffee or tea

Reduce the cream and sugar you add to your coffee or tea. Consider switching to lower fat milk.

### Option 3: Shrink your drink

If you have beverages that contain sugar and/or fat (like soft drinks, specialty coffees, sport drinks, energy drinks), choose a smaller size.

### Option 4: Meet your needs

Get the recommended 9–12 cups (2.25–3 L) of fluids per day. Water, milk, tea and coffee count towards your total.



## Resources

For ideas on healthy drinks, go to

[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Choose Healthy Drinks](#) and [The Sugar Shocker Education Kit](#).

# Hold the salt

Most of the salt we eat comes from packaged and prepared foods. It is often listed as *sodium* on the nutrition label. Keep your heart and kidneys healthy and be aware of the salt (sodium) in the foods you eat.

Earn **1 point** each day  
you complete a  
challenge activity!



## Challenge Activities

### Option 1: Label detective

Read the nutrition label and substitute a food high in salt with one that is lower in salt (sodium). Use the [Sodium in Your Diet](#) resource to help you with label reading.

### Option 2: Hold the extras

Condiments like mustard, ketchup, BBQ sauce, and pickles have a lot of salt (sodium). Use half the amount of condiments you usually use or skip it all together. Use the [Cooking Without Salt](#) resource for seasoning ideas.

### Option 3: Deli makeover

Use homemade roast beef or chicken, low sodium canned tuna, salmon or homemade bean patties instead of processed deli meats and alternatives.

### Option 4: Know your limits

Limit the salt (sodium) you eat to 2300 mg each day. The closer you get to 1500 mg the better. Use the [Sodium and Your Diet](#) resource to help you eat less sodium.

## Resources

For ideas on how to eat less salt, go to  
[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for  
[Hold the Salt.](#)

# My Healthy Eating Challenge Log Sheet

## Directions:

- Earn 1 point for the activity you complete each day. Limit one activity per day.
- Earn 10 points at the end of the challenge if you continued any activities from previous weeks.
- Earn 5 points for each bonus activity you complete. See the next page for bonus activities.
- At the end of the challenge, add up your total points at the bottom of the sheet.

## Week 1: Paint Your Plate with Vegetables and Fruit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 1 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

## Week 2: Fill up with Fibre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 2 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

## Week 3: Rethink your Drink

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 3 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

## Week 4: Hold the Salt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 4 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Total points from daily challenge activities	_____
Add <u>10 points</u> if you continued with any activities from previous weeks	_____
Total points from bonus activities (see other page)	_____
<b>Total points for Healthy Eating Challenge</b> (If you are on a team, provide point total to team captain)	_____



## Bonus Points

- Each bonus activity is worth 5 points.
- They can be completed at any time during the challenge.
- You can only do each activity 1 time.
- If you are registered as part of a team, each person that completes the bonus activity will get 5 points. For example, if Mr. X and Ms. Y helped to organize a healthy potluck, they each get 5 points which will go toward their team score.

<input type="checkbox"/>	Use the Dietitians of Canada eaTracker <i>Assess Yourself</i> to assess your current lifestyle and eating habits: <a href="http://www.eatracker.ca/">www.eatracker.ca/</a>
<input type="checkbox"/>	Use one or more of Health Canada's interactive tool on label reading: <a href="http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php">www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php</a>
<input type="checkbox"/>	Explore the tools and resources on the <a href="http://www.healthyeatingstartshere.ca">www.healthyeatingstartshere.ca</a> website.
<input type="checkbox"/>	Offer healthier foods at an appreciation or recognition event. E.g. if cake or desserts are served, offer smaller portion sizes and serve fruit on the side.
<input type="checkbox"/>	Offer or suggest cutting foods into smaller portion sizes at the next work place potluck or gathering.
<input type="checkbox"/>	Plan a healthy potluck for your team or co-workers.
<input type="checkbox"/>	Set up a communal fruit bowl to share with co-workers.
<input type="checkbox"/>	Bring a pitcher of water with lemon or cucumber slices to share at your next team meeting.
<input type="checkbox"/>	Offer healthy food and snacks to share in common areas such as, whole grain crackers, cut up vegetables and fruit.
<input type="checkbox"/>	Take time to have lunch or coffee break together as a team or with your co-workers in your break/lunch room.
<input type="checkbox"/>	Share your favourite healthy recipe with a co-worker or organize a healthy recipe exchange with your team.

<input type="text"/>	<b>Total points from bonus activities</b>
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**Thank you for participating!**