

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, 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, 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, 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.

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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, search for
[Hold the Salt](#).