

W.O.W.

WAC ON WELLNESS

21 DAY DAY NUTRITION CHALLENGE

Celebrate National Nutrition Month in March by working to build a healthy new eating habit! Join the WAC 21 Day Nutrition Challenge.

CHALLENGE: Choose a habit from the list below to practice for 21 days. You might feel so good you choose to make it a part of your permanent lifestyle!

1. Eat a vegetable serving at lunch and dinner for 21 days in a row. Why? Vegetables are nutrient powerhouses constructed by nature in ideal balance to help your body fight illness and disease, keep inflammation low, and add important fiber to your diet. Look for lots of different colors; they all have unique blends of plant chemistry to help your body stay healthy and strong.
2. Eat a meatless meal every day for 21 days. Incorporating more plant-based foods reduces saturated fat intake and is associated with health and longevity. There is no need to become a vegetarian, but leaning a little more in the direction of plants is a wise health move in general. Excellent non-meat protein sources include beans, lentils, tofu, and high-protein grains such as quinoa. Vegetables also contain small amounts of protein that can add up.
3. Eat less added sugar for 21 days. You may want to aim for the Heart Association's recommended amounts. These guidelines recommend no more than 24 grams (6 teaspoons) for women and 36 grams (9 teaspoons) for men per day. Some sugar appearing on food labels is not added sugar. For example, milk has natural sugar in the form of lactose, and fruit contains natural fructose that is part of fruit in its original form. Check milk and yogurt containers to see if the ingredient list contains sugar, indicating that there is additional sugar added.



BY KIM FLANNERY

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