

Day by Day

Monday Tuesday Wednesday Thursday Friday Saturday

Celebrate March as National Nutrition Month by recording & practicing healthful eating habits!

2 3 4 5 6 7

1. Measure and/or weigh everything you eat and drink.
2. Prepare one new recipe.
3. Plan ahead by writing down the meals and snacks you plan to have for the day.
4. Get at least 7 hours of sleep.
5. Consume five servings of fruits and vegetables.
6. Practice "slow eating" during each meal and snack. Put your fork or spoon down between bites and focus on the flavors and textures of your food.
7. Restrict active TV-watching to 60 minutes.
8. Consume only 100% whole grain pasta, rice, bread, cereal, and crackers (look for whole grain as the first ingredient).
9. Do not purchase food from a restaurant or fast food establishment.
10. Make a grocery list before you shop that includes what you will need for the week ahead.
11. Try one new fruit or vegetable.
12. Do not eat any meals or snacks while watching television or using the computer.
13. Do not sit for more than 60 minutes at a time.
14. Whenever available, take the stairs instead of the elevator.
15. 15. Park your car farther away.
16. Prepare at least one meatless dinner.
17. Keep a food diary by writing down everything you eat and drink.
18. Do not eat foods like crackers, chips, nuts, candy, etc. directly out of the package. Portion out what you will eat into a separate bowl and put the package away.
19. Eat a balanced breakfast.
20. Wear a pedometer and aim to get 10,000 steps in one day.
21. Make a work meeting a walking meeting.
22. Sit down at a table for every meal – not at your desk or in your car.
23. Research menu items before going out to eat and find a healthful choice to order.
24. Eliminate all soda (regular and diet).
25. Monitor your hunger and fullness before after each meal and snack.
26. Drink more water. Try drinking a glass of water before each meal and snack and/or always keep a water bottle within arm's reach.
27. Try a new form of exercise.
28. Bring your lunch and snacks to work.
29. Increase the time and/or intensity of your current workout routine.
30. Invest in supplies that allow your food to travel with you such as food storage containers, bent boxes, baggies or reusable snack bags, a thermos, a lunch bag, etc.
31. Clean out your refrigerator.

add your voice - share your success - #DaybyDay #NNM

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