

FALLING FOR FRESH FOODS

10-Day Healthy Eating Challenge

This fall, we're celebrating fresh, healthy food! Try this 10-day challenge starting on Food Day and ending on National Eating Healthy Day. It's a simple way to try healthy eating habits, one day at a time. Don't forget to check the "I did it!" box and celebrate your accomplishments.

Monday, 10/24 Fruits & Veggies for Food Day	Today is Food Day! Visit www.foodday.org to learn more about eating fresh, healthy, local food, and fill half of your plate with fruits and vegetables at every meal.	I did it!
Tuesday, 10/25 Rethink Your Drink	Stay hydrated the healthy way. Avoid drinking soda or high sugary sweetened beverages for the day. Drink at least 8 glasses of water throughout the day.	I did it!
Wednesday, 10/26 Snack Attack	Today, have a vegetable or fruit as a snack. If you need an extra boost, try some nuts, seeds, plain yogurt, or low-sugar granola instead of going to the vending machine.	I did it!
Thursday, 10/27 Meal Planning	Planning ahead makes eating healthy easier. Make time for a healthy breakfast this morning, and start planning your meals for the weekend in advance.	I did it!



Fall back in love with food
the way it should be eaten -
fresh, local, healthy and delicious!

OCTOBER 24, 2016 – NOVEMBER 2, 2016

Friday, 10/28 Do Lunch Right	If you can, pack a healthy lunch from home instead of eating at a fast food restaurant. If eating out for lunch, reduce your portion size (order half or box the rest up to go).	I did it!
Saturday, 10/29 Weekend Treats	It's the weekend! Visit your local farmers market or buy fresh produce at the store, and make a new healthy meal that you have never tried before.	I did it!
Sunday, 10/30 Hold the Salt	Today, read nutrition labels and notice how much sodium is in your food. If you have the option, substitute a food high in salt with one that is lower in salt (sodium).	I did it!
Monday, 10/31 Meatless Monday	Try becoming a vegetarian for a day! Try eating all vegetarian meals packed with vegetables, whole grains, and more.	I did it!
Tuesday, 11/1 Mindful Eating	Focus on your food today. Avoid eating in the car or in front of your computer. Also keep in mind that you don't have to clear your plate! Set a goal to stop eating when you become full.	I did it!
Wednesday, 11/2 Kick your Cravings on National Eating Healthy Day	Today is the American Heart Association's National Eating Healthy Day! Visit www.heart.org for healthy living tips, including simple ways to eat a healthier diet. Try healthy swaps today for your sweet and salty cravings. Eat fruit for dessert instead of sweets, and try a small handful of nuts if you crave salty treats.	I did it!

Congratulations! For more tips about eating a healthy diet and living an active lifestyle, visit www.lightenuplancaster.org or follow us on Facebook.

Contact Us!

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