

CHALLENGE GUIDE

WEEK 1



WEEK 1: MEAL PLANNING IS ESSENTIAL TO A HEALTHY DIET.

Your mission, should you choose to accept it, will be to successively navigate your way into healthier, more nutritious everyday eating habits. This mission is broken down into four phases: Meal Planning, Reading Food Labels, Grocery Shopping, and Eating Healthy on the Go. Each phase will be broken down into four parts- countdown, launch, orbit, and landing. Ready? Set? GO!

COUNTDOWN

Eating a nutritious, well-rounded meal begins way before you actually sit down to the meal. You may think of meal planning as sitting at the kitchen table with stacks of recipes, a calculator for adding up carbs, and a cup of coffee to help you stay awake through it all, but it is actually quite easy! You just need some time at the beginning of the week (more time in the first couple of weeks, then much less as you get the hang of it).

LAUNCH

SOME THINGS TO CONSIDER:

Quantity: How many meals and diners do you need to account for? Will there be leftovers for the next day or later in the week?

Time: How much time will you have to dedicate to cooking each day? This part will most likely change depending on the week, but it's important to keep in mind.

Budget: How much are you looking to spend? When you plan your week, try to utilize overlapping ingredients and on sale items to save a few extra dollars.

Quality: Staying healthy is hard enough without forcing yourself to eat foods you don't enjoy. Consider what you are in the mood for (soup in chilly weather? A crockpot meal during a stressful week?) in addition to your diet and grocery budget.

ORBIT

Now you're ready to make your list! You can research items on your own, or there are hundreds of recipes on your wellbeing portal under Resources > Recipes. If you use the site, you can even create a grocery list from meals you choose!

LANDING

Set yourself up for future dietary success by creating a master recipe list as you go. As your list grows, this will help you brainstorm meal ideas, and save you time and hassle!

WEEK 1 TO-DO:

Create a meal plan for the week. When you're done, visit the wellness portal and click "I Did This."

CHALLENGE GUIDE

WEEK 2



WEEK 2: READ FOOD LABELS TO MAKE INFORMED CHOICES.

If the only time you read a food label is when you read the cereal box while eating breakfast, don't worry—you aren't alone. Surveys show many of us look at food labels, but the majority of us don't change our purchases as a result. So, let's take a look at what you need to know. Then, use that information to make healthy, nutritious choices!

COUNTDOWN

Eating a nutritious, well-rounded meal begins way before you actually sit down to the meal. You may think of meal planning as sitting at the kitchen table with stacks of recipes, a calculator for adding up carbs, and a cup of coffee to help you stay awake through it all, but it is actually quite easy! You just need some time at the beginning of the week (more time in the first couple of weeks, then much less as you get the hang of it).

LAUNCH

FIRST THINGS FIRST: START AT THE TOP AND WORK YOUR WAY DOWN!

- **Serving Size:** This tells you the size of a single serving, as well as the total servings in the container. Sugary snacks and beverages sometimes try to mask just how unhealthy they are by listing unrealistically small serving sizes. Be sure to pay attention!
- **Calories per Serving:** This goes hand and hand with serving size. If there are 100 calories per serving and there are four servings per container, eating the entire container means you're consuming 400 calories.
- **% Daily Value (DV):** You may see this column and wonder what that is. Basically, it is a guide to show you how much of a given nutrient you receive based on a diet of 2,000 calories per day. Five percent is low, 20% is high. Remember, though, that the 2,000-calorie daily diet is a general guideline and may need to be adjusted for your personal caloric needs.

ORBIT

You're off to a good start, but there's still a lot to see. We have to decipher which nutrients to limit and which to get more of. **Here's a quick-hit overview:**

- Limit saturated fat and sodium to no more than 5% in the Daily Value column.
- Trans fat should be at 0% whenever possible.
- Fiber, protein, calcium, and iron should be higher, around 20%.

LANDING

We're almost there, so let's stick this landing! As you begin to read food labels, you'll discover some surprising ways supposedly healthy food can impact your health. For example, those frozen meals many people use to diet? Chock full of harmful sodium. Whole-grain breakfast cereals? They're often also loaded with sugar. This doesn't mean you can't eat foods you enjoy — as with anything, moderation is the key, so use this information to balance out your day and eat a whole, well-rounded diet.

WEEK 2 TO-DO:

This week, only eat foods with a single-serving saturated fat content of 5% Daily Value or less and a trans fat Daily Value of 0-1%! Print this document (or save it on your phone) and use it as a helpful guide when you shop. When you're done, visit the wellness portal and click "I Did This."

CHALLENGE GUIDE

WEEK 2



TIPS FOR READING LABEL

Start Here!
Compare your portion to the recommended serving size. For example, if your serving size is 2 cups, you will be eating double the calories and nutrients!

Limit these nutrients
They contribute to the development of heart disease and high blood pressure.

Quick Guide to %Daily Value
- 5% or less is low
- 20% or more is high
This label shows that a serving of the food provides 11% of the daily recommended amount of fiber. This means that you need another 89% to meet the recommended goal. These are estimates and apply if you are following a 2,000.

Nutrition Facts	
Serving Size: 1 cup (28g)	
Servings Per Container: 14	
Amount Per Serving	
Calories	100
Calories from Fat	15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 170mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Sugars 1g	
Other Carbohydrate 16g	
Protein 3g	
% Daily Value	
Protein	
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	45%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	25%
Phosphorus	10%
Magnesium	10%
Zinc	25%
Copper	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Check Calories:
Check the total calories and calories from fat per serving.

Get enough of these nutrients
They help prevent chronic disease.

Label Reading Definitions:

Phrase	What it Means
Sodium:	
- Sodium-free or salt-free	Less than 5 mg per serving
- Very low sodium	35 mg or less of sodium per serving
- Low sodium	140 mg or less of sodium per serving
- Reduced or less sodium	At least 25% less sodium than the regular version
- Light in sodium	50% less sodium than the regular version
- Unsalted or no salt added	No salt added to the product during processing (this is not a sodium-free food)
Fat:	
- Fat-free	Less than 0.5 g per serving
- Low saturated fat	1 g or less per serving and 15% or less of calories from saturated fat
- Low-fat	3 g or less per serving
- Reduced fat	At least 25% less fat than the regular version
- Light in fat	Half the fat compared to the regular version
- Trans fat-free	Less than 0.5 g per servings
Fiber:	
- High fiber	At least 5 g fiber per serving

WEEK 2 TO-DO:

This week, only eat foods with a single-serving saturated fat content of 5% Daily Value or less and a trans fat Daily Value of 0-1%! Print this document (or save it on your phone) and use it as a helpful guide when you shop. When you're done, visit the wellness portal and click "I Did This."

CHALLENGE GUIDE

WEEK 3



WEEK 3: TRANSFORM YOUR TRIP TO THE GROCERY STORE.

COUNTDOWN

Welcome to the grocery store tour! This week, we will take you through a typical grocery store and provide tips on how to transform your weekly trip into one that is healthy, less stressful, and easy to navigate.

LAUNCH

The easiest individual tip? Stick to the perimeter of the store as much as possible! In a typical grocery store, that's where you'll find fresh produce, the bakery, the deli, non-frozen seafood and meat, eggs and dairy. If you truly want to eat healthy, these whole, natural foods need to make up the bulk of your diet, as opposed to processed ones with added sugar and artificial ingredients. Try to only shop center aisles for specific needs.



ORBIT

OKAY — LET'S GO THROUGH THE STORE STEP BY STEP.

- **Stop #1: Produce.** You really can't go wrong with fresh produce, so purchase foods you like to eat. But keep in mind, brighter does equal better—so make sure your cart is nice and vibrant, with reds (apples and tomatoes), oranges (bell peppers and citrus fruits), greens (spinach and broccoli) and maybe even a purple or two (grapes and eggplant).
- **Stop #1: The Bakery.** In the bakery, read the ingredient list. Breads and other carbohydrates have a bad reputation, but all carbs are not created equal. For healthy carbs, look for the word 'whole wheat' or 'whole grain' as the first ingredient. If anything else is listed first (especially "enriched flour"), move on. Next, check the fiber content and aim for at least 3 grams of fiber per serving, if possible.
- **Stop #3: Meat and Seafood.** Choose cuts of meat that are 94% lean or more, look for the term 'select' in the name and go for grass-fed over corn-fed if given the choice. For your seafood choices, opt for fish rich in omega-3 fatty acids, such as salmon or mackerel, and pick wild fish over farm-raised whenever possible.
- **Stop #4: Dairy and Eggs.** Dairy foods are an excellent source for calcium and vitamin D, both excellent nutrients for bone strength. Stick to skim and/or low-fat varieties, choose Greek yogurt over regular, and don't be afraid to try some of the alternative milks, such as soy or almond. Eggs are viewed as a high cholesterol food, but this isn't the case — they are actually a nutrient-dense option, full of protein, vitamin D, and vitamin B12. Though they do contain cholesterol, they are low in saturated fat, which is what leads to the increase in cholesterol levels.

LANDING

You're almost out of the store with a healthy, nutritious cart — just be careful in the center aisles! Many items appear to be nutritious (and are sometimes even advertised as such) but still contain added or excess fat, sodium and sugar.

- Look for whole grain pasta, rice and oats, as well as high-fiber cereals that contain less than 7 grams of sugar per serving.
- In the frozen food aisle, skip over the ice cream and pizza rolls for unsalted/unsweetened frozen fruit and vegetables. (If you do need a sweet treat, go for low-fat ice cream or 100% fruit popsicles.)
- Choose olive or canola oils over cooking oils with trans fat.

WEEK 3 TO-DO:

Whew, that was a lot of info! This week, determine five foods you can substitute for a healthier option during your trip to the store. It could be anything — olive oil over vegetable oil, lean meat over a fatty cut, skim milk over whole. After you've made your list, visit the wellness portal and click "I Did This."

CHALLENGE GUIDE

WEEK 4



WEEK 4: READ FOOD LABELS TO MAKE INFORMED CHOICES.

COUNTDOWN

We have successfully navigated through meal planning, reading a food label, and surviving the jungle known as the grocery store! Now we get to put all this together and learn how to eat healthy on the go.

LAUNCH

We are all busy these days. Between work, home life, and extracurricular activities, many of us are eating on the go. If you've continued the stellar meal planning from week one, you should be set for at least dinner time. But what happens when you don't have time to make lunch or sit down for breakfast? How can you eat well while on the move?

ORBIT

The first thing to remember is to choose nutrient-dense foods that have as few processed ingredients as possible.

Basically, if you read the ingredient list and can't pronounce most of the words listed, don't buy it! Bananas, apples, grapes, carrots, broccoli and cauliflower all travel well and are easy to eat. If you know you'll be traveling with few healthy options, it's a great idea to make your own pre-packaged snacks or use your meal planning make sure you have healthy leftovers.

LANDING

Your final tip: don't skip breakfast. Waiting until lunch to eat will make you more likely to binge later (and no one wants to act "hangry" at work). If you're short on time, eat something simple, such as whole wheat toast with peanut butter and a banana. Or you could prepare some food the previous night—simply freeze cut up fruit in Ziploc bags and, in the morning, you can toss them into a blender with some skim milk and ice to create a quick, delicious smoothie.

WEEK 4 TO-DO:

Use what you've learned to eat healthy all week long. That means:

- Eat something for breakfast each day.
- No fast food or processed snack items (candy bars, potato chips, etc.)
- Whole grains instead of enriched and bleached flour.

After you've followed these three guidelines, visit the wellness portal and click "I Did This" to complete your mission. Congratulations on making it through this challenge! Continue to meal plan, read food labels and shop the perimeter to maintain control of your diet.