

About the Healthy Eating Challenge

The Healthy Eating Challenge is a fun and engaging way to promote healthy eating and team building in your department.

- The challenge is four weeks long with a new theme each week.
- You choose the best format for organizing the challenge. People can participate on their own, as part of a team, or a mixture of both.



Why Start a Healthy Eating Challenge?

Most working adults spend more than half their waking hours at work. It makes sense to start thinking about what we are eating as a part of the work day. Healthy eating can help us feel, work and think better.

Getting Started

Step 1: Promote the challenge and recruit participants in your department

- You can email your department dates for the challenge, explain how to sign up, and who to contact
- Distribute promotional email and/or post in common areas to help with recruitment (e.g. lunch room, or water station)
- Invite team members through Outlook; be sure to include the challenge activities

Step 2: Weekly Challenge Themes

There is a different theme for each week of the challenge. Each week has different options to choose from. Try one or more each week.

| Week 1 | Week 2 | Week 3 | Week 4 |
|---|------------------|--------------------|---------------|
| Color your plate with fruits and vegetables | Fill up on fiber | Rethink your drink | Hold the salt |

We would greatly appreciate you sharing your department's participation of this challenge! Please email pictures at livingwhole@llu.edu

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Week 1 – Challenge Activities

Option 1: Expand Your Palate

- Try one new vegetable or fruit

Option 2: Healthy Snack

- 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
 - Fruit in your cereal or toast
 - Berries in your yogurt
 - Vegetables in your tofu scramble or omelet

Option 4: Build a better plate

- Try a living whole recipe at myllu.llu.edu/livingwhole/recipes/

Week 2 – Challenge Activities

Option 1: Go Whole

- Try one new whole grain
- For breakfast, try whole grain cereal, steel cut oats or whole wheat toast
- Substitute whole grain brown rice for white rice with dinner

Option 2: Beans and lentils

- Add beans and lentils to salads, spaghetti sauces, casseroles or soups
- Try a bean or lentil pasta

Option 3: Meet your needs

- Track your fiber intake on an app such as MyFitnessPal
MEN 38 grams/day
WOMEN 25 grams/day

Option 4: Try a fiber rich recipe

- Try a living whole recipe at myllu.llu.edu/livingwhole/recipes/

Week 3 – Challenge Activities

Option 1: Water on the go

- Bring a water to work to stay hydrated throughout the workday

Option 2: Start tracking it

- Write it down
- Drink from a marked water bottle
- Get an app – most apps allow you to log what and how much you drink

Option 3: Make your own flavored water

- Add sliced ginger, lemon, or mint leaves or other herbs
- Add berries or sliced oranges or limes

Option 4: Try a healthy smoothie

- Try a living whole smoothie at myllu.llu.edu/livingwhole/recipes/

Week 4 – 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).

Option 2: Hold the extras

- Condiments like mustard, ketchup, BBQ sauce, and pickles have a lot of salt. Use half the amount of condiments you usually use or skip it all together.
- Add herbs and spices to enhance the flavor of your foods

Option 3: Know your limits

- Limit your sodium intake to no more than 2,300 mg each day.
- Track your sodium intake on an app such as MyFitnessPal, etc.

Option 4: Try a low sodium recipe

- Try a living whole recipe at myllu.llu.edu/livingwhole/recipes/

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