

Choose Well

Choosing Healthy Ingredients Challenge

EATING OUT

Make healthy food choices at restaurants, work, parties and potlucks.

- Select restaurants with healthy options by reviewing menus online
- Use the Healthy Plate Model to build your meals
- Choose 100% whole grains — choose brown over white
- Ask for salad dressings and sauces on the side
- Select grilled or baked items when possible
- Substitute a green salad or fruit for French fries or heavy side dish
- Choose fruit for dessert
- Skip the soda and request sparkling water



HOME

Fill your home with Real Food and remove processed food to create a healthy food environment.

- Real Food does not have labels – fruits, vegetables, fish, dairy, eggs, dried beans, rice, nuts, seeds
- Take an inventory of food in your pantry, refrigerator, and freezer and organize food into categories:

- | | | | |
|--|--------------------|--|-----------------------------|
| | Continue – Green | | Enjoy Occasionally – Orange |
| | Phase Out – Yellow | | Discard – Red |

- Store bulk bin items in airtight and see-through containers
- Keep a bowl of fresh fruit on the kitchen counter



SEASONING

Use herbs, spices, broth, juice or wine to add healthy flavor to your food.

- Use fresh herbs for uncooked dishes such as salads and salsas
- To cooked dishes, add fresh herbs just before serving
- Use small amounts of dried herbs and spices for marinades, slow-cooked stews, and soups
- Mix herbs and spices together to create a distinct flavor for Italian, Indian, Asian and Mexican dishes
- While cooking, add a splash of juice, wine or broth



SHOPPING

Shop well for healthy ingredients so you can fill your home with Real Food.

- Create a shopping list based on planned Real Food meals and snacks
- Shop the perimeter of the store where whole foods are located
- Purchase cereals, nuts, beans, grains, pastas, herbs, and spices from the bulk bin section
- For packaged, canned and bottled food, select products that are:
 - Low in sugar and low in sodium
 - High in fiber – target 3 grams per 100 calories



Choosing Healthy Ingredients Challenge

My Pledge

I pledge to try different strategies to help me choose healthy ingredients so I can fuel my body with Real Food while minimizing processed food. I am committed to building a foundation for health in my home food environment and I will incorporate different methods to help me shop, prepare healthy food at home, and make healthy choices when eating out. Choosing Healthy Ingredients will help me to Live Well.



How the Challenge Works:

Jot down some healthy-ingredient ideas and strategies in these 4 areas that you are willing to try so that you can Choose Healthy Ingredients and Live Well.



Home



Shopping



Seasoning



Eating Out

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Record your Healthy Ingredients activities:

Use a **check mark in the color-coded boxes** to record the days that you tried strategies to choose healthy ingredients at Home, Shopping, Seasoning, and Eating Out. Use a **star** to record the days when you succeeded in choosing healthy ingredients.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>