



Balance Well Challenge Participant Resources



ConnectWell's Healthy Eating Collection includes articles, videos, and tools and are available for you to start learning how to Balance Well. During the Weekly Balance Well Challenge Meetings, you will focus on the items suggested for each week. You can expand your knowledge base of Healthy Eating Practices with the entire collection.

ConnectWell's Healthy Eating Collection: Articles, Videos, and Tools

[Overview of Nutrition: Consumption of Healthy Foods and Beverages](#)

[Build Your Plate With Whole Foods](#)

[Whole Grains](#)

[Are You Getting Enough Fiber?](#), Video

[The American Diet Gone Bad: Refined Grains](#), Video

["Added Fiber" Foods are Fiber Deficient](#), Video

[Vegetables and Fruits](#)

[Reversal of Disease using a Whole-Food, Plant-Based Diet](#), Video

[Brightly Colored Foods Speak to our Genes](#), Video

[Protein](#)

[Limit Consumption of Red Meat](#)

[A Serving Size of Meat versus What You Get at a Steakhouse](#), Video

[Protein Recommendations](#)

[Watch Your Portion Sizes...of Protein](#)

[Choosing Healthy Fats and Minimizing Unhealthy Fats](#)

[Plant Sources of Omega-3](#), Video

[Cooking with Healthy Fats](#)

[Cutting Back on Inflammatory Fats](#), Video

[The Components of Healthy Breakfasts](#)

[The Components of Healthy Snacks](#)

[The Components of Healthy Lunches](#)

[Building a Health Lunch To-Go](#)

[Back to School Nutrition: Healthy Homemade Lunches](#)

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[The Components of Healthy Dinners](#)
[Weekly Meal Planning](#), Tool
[Water, Healthy Hydration, and Dehydration](#)
[The Truth About Juice](#)
[Responsibility of the Food Industry](#), Video
[Hydrate with Healthy Beverages](#)
[Beverage Guidelines for Children 5 and Under](#)
[Sports Beverages](#)
[Coffee and Caffeine](#)
[Tea or Coffee?](#), Video
[Alcohol](#)
[Soda and Sugar-Sweetened Beverages](#)
[Taking on Big Soda \(and Winning\)](#), Video
[Findings of Diet Soda Studies](#)
[Selecting Healthy Packaged Foods](#)
[Taste Expectations: The Power of Words](#), Video
[Decoding Nutrition Facts on Food Labels](#)
[Sugar, The Bitter Truth](#)
[The Skinny on Obesity \(Ep. 2\): Sickeningly Sweet](#), Video
[The Skinny on Obesity \(Ep. 4\): Sugar — A Sweet Addiction](#), Video
[Salt and Sodium](#)
[Dangers of a High Sodium Diet](#), Video
[Using Herbs and Spices](#)
[Shopping Tips for Healthy Ingredients](#)
[Shopping in the Bulk Bin Section](#)
[Why Eat Organic?](#)
[Selection Tips for Produce: Organic and Conventional](#)
[USDA Guidelines for Organic Meat and Dairy](#)
[Red Meat, Disease, and Inflammation](#), Video
[Selection Tips for Poultry and Eggs](#)
[Poultry Fat Content: It Depends on the Cut](#), Video
[Guide to Selecting Fish](#)
[Omega-3 in Seafood: Weekly Suggestions](#), Video
[Using SNAP and WIC Benefits to Support Your Nutrition](#)
[Shopping Locally: Farmers' Markets and Community Supported Agriculture](#)
[Eating with the Seasons: Winter, Spring, Summer, Fall](#)
[Activity for Creating a Healthy Food Environment](#), Tool
[Can Natural Foods Compete with the Modern Food Environment?](#), Video
[Shopping Guide](#), Tool
[Healthy Portion Sizes](#)
[What is a Serving of Grain?](#), Video
[Organizing Healthy Potlucks](#)
[Give a Gift of Healthy Eating for Any Occasion](#)

Week 1: Let's Start with Breakfast



Start your day with a healthy breakfast using the Breakfast Trio to give you energy for a productive day.

Title

[Build Your Plate with Whole Foods](#)
[Components of Healthy Breakfasts](#)
[Whole Grains](#)
[Protein](#)
[Coffee and Caffeine](#)
[Are you Getting Enough Fiber?](#)
[Decoding Nutrition Facts on Food Labels](#)
[Activity for Creating a Healthy Food Environment](#)
[Shopping Guide](#)
[Weekly Meal Planning](#)

Article/Video

Article
Article
Article
Article
Article
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Article
Tool
Tool
Tool

Breakfast Recipes

[Frittata with Asparagus & Potatoes](#)
[Sunshine Bread](#)
[Date & Walnut Bread](#)
[Yogurt Cheese](#)
[Buckwheat & Currant Pancakes](#)
[Toasted Wheat & Flaxseed Pancakes](#)

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Week 2: A Balanced Lunch



Enjoy a healthy lunch that fuels you until dinner without a mid-afternoon crash.

Title

[The Components of Healthy Lunches](#)
[Building a Healthy Lunch To-Go](#)
[The American Diet Gone Bad: Refined Grains](#)
[Back to School Nutrition: Healthy Homemade Lunches](#)
[Plant Sources of Omega-3](#)
[Choosing Healthy Fats and Minimizing Unhealthy Fats](#)
[Dangers of a High Sodium Diet](#)
[Eating with the Seasons: Winter, Spring, Summer, Fall](#)
[Reversal of Disease Using a Whole-Food, Plant-Based Diet](#)
[Healthy Eating and Portions at Restaurants](#)
[Shopping Tips for Healthy Ingredients](#)
[Shopping Guide](#)
[Weekly Meal Planning](#)

Article/Video/Tool

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Article
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Lunch Recipes

[Creamy Two-Mushroom Soup](#)
[High Protein Corn & Quinoa Vegetarian Salad](#)
[Roasted Pear Salad with Blue Cheese Dressing](#)
[Jasmine Rice Salad](#)
[Tabbouleh](#)
[Roasted Shitake & Cheese Quesadillas](#)
[Lentils with Fennel & Tomato](#)
[Orange-Balsamic Dressing & Marinade](#), (Serve with a garden salad. Add protein for a meal.)

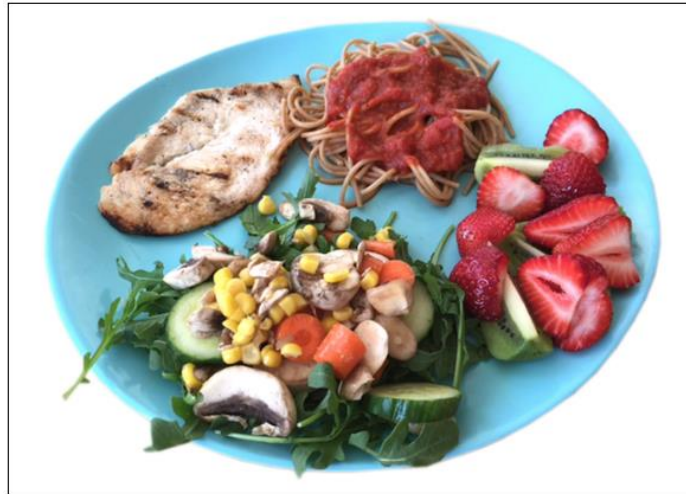
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Week 3: A Healthy Dinner



Use the Healthy Plate Model to create tasty, substantial meals that incorporate all the food groups and keep you satisfied until the next day's breakfast.

Title

[The Components of Healthy Dinners](#)

[Vegetables and Fruits](#)

[Protein Recommendations](#)

[A Serving Size of Meat versus What You Get at a Steakhouse](#)

[Cooking with Healthy Fats](#)

[Brightly Colored Foods Speak to our Genes](#)

[Guide to Selecting Fish](#)

[Using Herbs and Spices](#)

[Shopping Guide](#)

[Weekly Meal Planning](#)

Article/Video/Tool

Article

Article

Article

Video

Article

Video

Article

Article

Tool

Tool

Dinner Recipes: Make Extra to Enjoy for Next Day's Lunch

[Big Batch Lentil-Bean Soup](#)

[Chicken & Roasted Root Vegetables](#)

[Chimichurri Sauce](#)

[Oven-Roasted Salmon Fillets](#)

[Baked Acorn Squash with Curried Rice](#)

[Quinoa Pilaf with Cherries & Pecans](#)

[Mediterranean Orzo](#)

[Basmati Rice, Chickpeas & Toasted Almonds](#)

[Wild Rice Pilaf with Pumpkin Seeds](#)

[Greens Bean with Fresh Tomatoes & Basil](#)

[Orange-Mint Carrots](#)

[Creamy Roasted Garlic Dressing](#), (Serve with a garden salad. Add protein for a meal.)

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Week 4: Snacks without Wrappers



Create balanced snacks with whole foods to enjoy snacks without wrappers.

Title

[The Components of Healthy Snacks](#)
[Watch Your Portion Sizes...of Protein](#)
[Cutting Back on Inflammatory Fats](#)
[Taste Expectations: The Power of Words](#)
[Soda and Sugar-Sweetened Beverages](#)
[The Truth About Juice](#)
[Responsibility of the Food Industry](#)
[Shopping Guide](#)
[Weekly Meal Planning](#)

Article/Video/Tool

Article
 Video
 Video
 Video
 Article
 Article
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Snacks without Wrappers – Mix and Match

1 Protein + 1 Whole Grain or Fruit/Vegetables

Protein

Nuts or nut butter
 Hardboiled egg
 Tofu
 Yogurt (unsweet)
 Milk, cheese, cottage cheese, [Yogurt Cheese](#)
[Guacamole](#)
[Hummus](#)
[Spicy Pear & Pepper Salsa](#)

Plus

Whole Grain or Fruit/Vegetables

Fresh or dried fruit
 Roasted vegetables – leftover from dinner
 Whole grain crackers, chips, or bread
 Fresh vegetables:
 Broccoli
 Carrots
 Cucumbers
 Bell Peppers
 Cherry Tomatoes, etc...

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