



ROMAINE CALM AND CARROT ON.

DITCH THE YO-YO DIET!

Aim for progress, not perfection for sustainable nutrition success. Focus on **adding** healthier items (like fruits, vegetables, lean proteins, high fiber foods, and more water) instead of depriving yourself.

- Add more water to your day.** Make a rule that you must drink a certain amount of water before enjoying other beverages like coffee.
- Add protein to your snack.** Jerky, hard boiled eggs, shelled edamame, Greek yogurt, and string cheese all make satisfying snacks.
- Add a fruit or veggie to every meal.** See how many meals in a row you can include added produce.



KEEP A FOOD JOURNAL

Challenge yourself to write down everything you eat and how it makes you feel each day for the next month. Eat whatever you want, just be sure to log it. Make notes about things like how full you were, how the food made you feel both mentally and physically, and your level of satisfaction. You may be surprised by what you can learn about your food habits and preferences!

Sources: [When Dieting Doesn't Work](#) by Robert H Shmerling, MD, 2020 Harvard Health Blog / [102 Challenges](#) by Tad Mitchell, 2018 WellRight, Inc.



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 3/5** WEAR BLUE DAY FOR COLON CANCER AWARENESS
- 3/9** 'STRESS LESS' LUNCH AND LEARN*
- 3/12** 'DESKERCISE 101' LUNCH AND LEARN*
- 3/16** 'CANCER PREVENTION' LUNCH AND LEARN*
- 3/19** WORLD SLEEP DAY
- 3/25** 'YOU AT YOUR BEST' LUNCH AND LEARN*

*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/