

Color over your diet!



Looking for some quick action steps you can take to bring some color to your diet? Check out the below 31 healthful steps - one for each day of March. You'll find a few sustainability and physical activity tips, too!

March 1	Make half (or more!) of your daily grains whole. Whole grains are higher in vitamins,
	minerals and fiber. The fiber will even help you feel full.
March 2	Eat breakfast. Don't wait for lunch to eat your first meal. Boost your metabolism by
	making it work early in the day. This will also keep you from overindulging at lunch.
March 3	Go grilled! Opt for grilled meats and vegetables instead of fried.
March 4	When eating fast food, order off of the children's menu. These items are closer to
	recommended portion sizes anyway! Skip the mayo and ask for extra vegetables for
	premium nutrition.
March 5	Stay hydrated! Get those eight cups a day by always carrying a water bottle.
March 6	Switch to sweet potatoes. Baked sweet potatoes are a good source of beta-carotene, a
	type of vitamin A that can improve your vision.
March 7	Ditch the fries. Order a side salad instead. Just be careful with the dressing, which can
	be loaded with fat, calories and sugar.
March 8	Drop a dairy percent. Switching to a fat-free or lower-fat dairy product will be lower
	in calories and saturated fat. This switch can even help to prevent heart disease!
March 9	Making a fancy beverage? Choose seltzer or sparkling water as a mix instead of high-
	sugar sodas and drink mixes. This could save you an estimated 100 calories per drink!
March 10	For that persistent sweet tooth, try frozen yogurt instead of ice cream. Frozen yogurt
	is lower in fat and calories and may even contain live cultures, which are great for
	digestive health.
March 11	Yogurt dressings and dips for fruits and vegetables are great options! Over less-
	healthy options, this route can help reduce your fat intake, add some calcium to your
	diet and provide your GI tract with some "good" bacteria.
March 12	Sweet success! Add walnuts, mandarin oranges, and red and green pears to a spring
	mix salad for color and tangy sweetness! Add a light raspberry vinaigrette for some
	healthy unsaturated fat and more color.



March 13	Add color to your morning omelet with diced yellow squash, tomatoes, mushrooms and spinach.
March 14	Homemade soup is a great way to get your daily servings of vegetables. Add as many
Water 11	vegetables as you like. You can also add high-protein beans and high-fiber pastas.
	The beans and vegetables provide color, fiber, protein and vitamins.
March 15	Need a healthy snack? Pack carrots and celery sticks to help reach your goal of three
waten 19	to five servings of vegetables per day. Hummus and oil-based salad dressings are
March 16	both great dipping options.
March 10	When you have a choice, choose grass-fed beef, which is lower in saturated fat and
	higher in omega-3 fatty acids. When possible, choose local to support farmers in your
March 17	Roberts and the second in according to the second s
March 17	Bring your lunch to work in reusable containers rather than throwaway bags. Every
Manala 10	little bit counts in reducing what we contribute to America's waste!
March 18	Shoot for at least three colors at every meal. If your plate is looking a little brown
M 1. 10	lately, liven it up with a side salad of orange carrots, greens and red tomatoes.
March 19	Do you tend to get to the end of the day and realize you haven't even eaten one of
	your five to nine servings of fruits and vegetables? Keep a bowl of seasonal fruit on
Manala 20	your counter to remind you.
March 20	Cook with olive oil. Olive oil contains healthy unsaturated fats. Next time you're
N. 1.01	using a fat to cook your meal, choose oil rather than butter or lard.
March 21	Go kabob! Kabobs are a wonderful and easy way to add colorful vegetables to a meal.
March 22	Incorporate beans into your diet. Beans are an excellent source of fiber. Add them to
	prepared or homemade salsas, pastas and salads to help meet your goal of 25 to 30
3.5 1.00	grams of fiber per day.
March 23	Looking for a sweet and colorful evening treat? Make a fruit bowl with fresh
	strawberries, blueberries, pineapple and raspberries. Top with a low-fat or fat-free
N 1 2.4	whipped cream and enjoy!
March 24	Feel like you're always hungry? Aim to have six small meals per day rather than
M 1. OF	three. This will help to keep your metabolism up and keep you full and energized!
March 25	Fit short bursts of physical activity into your day. Take the stairs instead of the
Manala 26	elevator and go on a walk during lunchtime.
March 26	Love your pizza? Make it healthier and more colorful by adding different vegetables,
Manala 07	such as peppers, tomatoes, onions and mushrooms.
March 27	Help your heart. Increase your intake of omega-3 fatty acids by consuming two
	servings of fatty fish per week. Examples of fatty fish include mackerel, salmon,
May 1- 00	herring, trout, sardines or tuna.
March 28	Add color to your favorite breakfast dish. Boil frozen fruit with a little bit of water to
N. 6 1 . 20	make a fruit topping to add to whole grain pancakes.
March 29	Start your morning off right. Make a fruit smoothie with your favorite fruits and a
May 1- 20	low-fat yogurt.
March 30	Add vegetables to your lunch by filling a whole tortilla with your favorite roasted
M-1-24	vegetables and some low-fat cheese.
March 31	Look for an excuse to get outside three times a week for 15 minutes at a time to get
	your weekly dose of vitamin D.