Drink water with every meal today.

Eat a fruit with your dinner meal.

Eat a fiber-rich, whole grain snack.

Eat a plant-based protein for dinner.

Choose a baked item instead of a fried item.

Consume a 1% or fat-free dairy product or dairy substitute.

Purchase a Better Choice item from an Emory cafe.

Trim fat & skin off meat before cooking.

Use olive oil while cooking.

Consume a calcium-rich food.

Substitute water for a sugar-sweetened beverage.

Choose fresh fruit instead of a baked good for dessert.

Sweeten cereal with fruit instead of sugar.

Eat a raw vegetable today.

Do not add salt to your meal/plate.

Email completed BINGO card to HealthyEmory@emory.edu by February 14, 2020.