



# Pursue a Healthier Chew



## Directions

### Step 1: Register by October 8.

To register, email GatorCare Health Educator Holly Davis at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu). You will receive an email each Friday with the upcoming week's tips and recipes.

### Step 2: Pick three days to pursue a healthier chew.

Pick three days (or more) to participate each week. Refer to the calendar (next page) for suggested ways to accomplish the goal each day, but don't feel restricted by the suggestions. You are welcome to participate in each days' theme in whatever way you choose. Draw an "x" through each completed day on your calendar.

### Step 3: Submit your completed calendar and two recipes with pictures by November 10.

Submissions should be emailed to Holly Davis at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu) or faxed to 352.627.4038. [Recipes](#) will be compiled into an employee cookbook at the end of the challenge.



## Participate in **3** days each week



#### Set up Sunday

**Meal prep for the week.** Use Sunday to [plan your meals](#), get grocery shopping out of the way, and prep for the week: chop veggies, pre-cook proteins and grains, and portion out snacks to make weekday meals less of a hassle.

#### Meatless Monday

**Go meatless for the entire day.** Going meatless once a week can positively affect your health by reducing your risk of obesity, dementia, arthritis, and high blood pressure and can also affect your wallet as veggie proteins are generally cheaper. Meat production requires significant energy resources, making vegetarian options a smart choice for the environment too!

#### Taste the Rainbow Tuesday

**Eat four different color fruits or vegetables.** Each color is associated with different antioxidants and micronutrients that help our bodies repair and fight off disease. Eat from each color group to ensure your body gets a wide variety of these powerful nutrients.

#### Whole Grain Wednesday

**Swap refined grains for whole grains.** [Whole grains](#) are rich in fiber, vitamins, minerals and protein. When choosing whole grains, explore beyond your average brown rice or whole wheat pasta... try quinoa, rolled oats, millet, amaranth or buckwheat.

#### Thoughtful Thursday

**Slow down and practice mindful eating.** Use [mindfulness](#) techniques to improve your eating habits and transform your relationship with food.

#### Fry-less Friday

**Steer clear of fried foods.** Fried foods are high in calories and fat, which can lead to obesity, type 2 diabetes, and heart disease. Experiment with different cooking methods, including baking, broiling, steaming and grilling.

#### Sugar Free Saturday

**Refrain from eating added sugar.** The majority of the added sugar we consume comes from processed and prepared foods. Be aware of the [top sugar culprits](#) and learn how to avoid excess sugar in your diet.

Refer to the calendar on the next page for easy ways to participate each day and visit the [Pursue a Healthier Chew](#) page for even more information, recipes, and tips!



# Pursue a Healthier Chew

**Put an “x” through the days that you completed. Aim for three days each week.**

Use the calendar as a guide for suggested ways to accomplish the goal each day, but don't feel restricted by the suggestions. You are welcome to participate in each days' themes in whatever way you choose.

For more ideas, tips, and recipes that correlate to each day, visit the [Pursue a Healthier Chew](#) page.

Set up Sunday	Meatless Monday	Taste the Rainbow Tuesday	Whole Grain Wednesday	Thoughtful Thursday	Fry-less Friday	Sugar Free Saturday
<p><b>Prep Your Proteins</b></p> <p>Plan, prep, and/or cook the proteins you plan to have for dinner this week.</p>	<p><b>Beans, Beans, Beans!</b></p> <p>Use beans for your protein. Try this <a href="#">Black Bean Veggie Burger</a> on a whole wheat bun.</p>	<p><b>Salad Savvy</b></p> <p>Spruce up your traditional salad by adding fruit, nuts, grains, beans, or lean protein.</p>	<p><b>Pasta Swap</b></p> <p>Swap regular pasta with a 100% whole wheat version instead.</p>	<p><b>Dodging Distractions</b></p> <p>Sit down to eat, turn off the TV, silence your cell, or move away from your computer.</p>	<p><b>Faux Fry</b></p> <p>Coat fish or chicken with bread crumbs and bake .  Check out <a href="#">this Spicy Faux-Fried Chicken</a> recipe!</p>	<p><b>Uh “-OSE”</b></p> <p>Check the ingredients list for anything that ends in ‘-ose’ to find added sugar.</p>
<p><b>Chop, Chop!</b></p> <p>Wash, chop and portion all veggies and fruits for the week.</p>	<p><b>Sizzling Stir-fry</b></p> <p>Load up on veggies for a delicious stir-fry and pair it with a whole grain like brown rice.</p>	<p><b>Smoothie Sensation</b></p> <p>Pack in some green with fresh or frozen spinach. Learn how to make spinach ice cubes <a href="#">here</a>.</p>	<p><b>Rice, Rice Baby</b></p> <p>Did you know that brown rice can reduce the risk of diabetes and certain cancers? Add this grain to your next meal.</p>	<p><b>Savor the Flavor</b></p> <p><a href="#">Experience each bite you take.</a> Use all your senses, notice the texture, smell, temperature, taste, etc.</p>	<p><b>Saucy Sauté</b></p> <p>Sautee your favorite meat and veggies in a dash of olive oil over medium-high heat.</p>	<p><b>Nature's Sweeteners</b></p> <p>Use bananas or unsweetened apple sauce for baking.</p>
<p><b>Snack Central</b></p> <p>Buy larger packages of snacks and portion them out yourself to save a little extra money.</p>	<p><b>'Round the World</b></p> <p>Take a trip around the world by making a dish from a different culture, such as these <a href="#">Indian Samosa Stuffed Peppers</a>.</p>	<p><b>Peppy Peppers</b></p> <p>Cook a mixture of red, orange, yellow and green peppers to color your plate! Try this <a href="#">Tri-Color Roasted Peppers</a> recipe</p>	<p><b>It's ok to get 'bulgur'</b></p> <p>Try a whole grain you don't usually eat like quinoa, bulgur, or rye.</p>	<p><b>Hungry Meter</b></p> <p>Before you eat, gauge your hunger on a scale of 1-10. Now determine how full you want to be after you eat. Be sure to revisit the scale during your meal.</p>	<p><b>Smart Swap</b></p> <p>Choose a baked potato over french fries, grilled shrimp over fried, or a side salad instead of a fried appetizer.</p>	<p><b>Scary Sweets</b></p> <p>Don't be frightened by the Halloween treats. Try some naturally <a href="#">sweet treats</a> to satisfy that sweet tooth.</p>
<p><b>Double Trouble</b></p> <p>Cook enough food to have some leftover. Use the leftovers for lunches or components for the next dinner.</p>	<p><b>Really Chili</b></p> <p>Make a meatless chili and serve over brown rice to make a complete protein.</p>	<p><b>Sneaky Subs</b></p> <p>Sneak veggies into recipes without your family knowing. Use finely chopped veggies in sauces, casseroles, and meats.</p>	<p><b>The Rolling Oats</b></p> <p>Jazz up your oatmeal with frozen or fresh fruit for a natural sweetener. You 'oat'-a try it!</p>	<p><b>Speed Bumps</b></p> <p>Pause between bites and set your fork down. At the middle of your meal, stop and assess your hunger.</p>	<p><b>Chill &amp; Grill</b></p> <p>Light up the grill and throw on some chicken or fish. Pair with grilled veggies for a flavorful, healthy side or grill up some fresh fruit for a sweet dessert.</p>	<p><b>Re-Think your Drink</b></p> <p>Swap out all sugary beverages (including juice) for water.</p>