Rediscover Health & Wellbeing Challenge

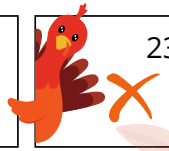
NOVEMBER **2023**

November is National Diabetes Month, a great time to focus on food choices that will improve health and reduce risk factors associated with chronic disease. One of the best things anyone can do for their diet is to make sure plenty of fruits and vegetables are part of it! They are nutrient dense, meaning they contain lots of vitamins and minerals. They also contain fiber which helps keep our digestive system healthy and regular.

Personal *Calendar*

Name: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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		



The Dietary Guidelines for Americans recommended a minimum of 5 servings each day of fruits and vegetables.
Try and have 1-2 servings with each meal (breakfast, lunch, and dinner!). If you are a snacker, plan your snack to include a fruit and vegetable. (Vegetable Serving Size - 1 cup raw or cooked, 2 cups leafy greens; Fruit Serving Size - 1 cup fruit/juice, 1/2 cup dried)

Keep track of your fruit and vegetable intake using the calendar below. Put a check mark on each day that you get at least 5 servings!

Please note Thanksgiving is a day the challenge will not count for any points as the goal is to be present with family and have a good mindset with food during the holiday! Happy Thanksgiving!

EXTRA BONUS POINTS!

- ☐ Dish up with the Dietitian - Fueling with Fiber (16 pts.)
- ☐ Lunch & Learn Date To Be Determined (25 pts.)

Total Points Earned

29 Points + 40 Bonus Points
(Earn up to 70 points total)

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