

Eat Healthier Challenge



How it Works

Eating healthy is an ongoing process that doesn't stop after one meal. This challenge isn't a diet or a lose weight challenge. The simple goal is for participants to only eat what makes them feel their best — during and after — a meal. The focus is on mindful eating and smart eating choices for at least a month. This challenge can also be paired alongside the healthy snack challenge, if you wish.

Engagement Ideas

- Raffle off virtual cooking classes
- Email the challenge printable to participants
- Share free online resources from the [Culinary Institute of America](#)
- Offer partner sign-ups to have employees pair up for a virtual cook-off
- Create a communication channel to share favorite healthy recipes

“We all eat, and it would be a sad waste of opportunity to eat badly.”

— Anna Thomas

31 Days of Eating for Wellness

Use this list to inspire healthy eating choices. By considering and making healthier choices each day, you create a pattern and routine for yourself that will become easier to follow. Once you start noticing how you feel better and more energized, it becomes rewarding enough to make those smart eating habits stick.

Day 1: Buy a Healthy Recipe Book

Not much of a cook? It may be time to invest in a healthy cookbook. Skip any that focus on fad diets and opt for one that focuses on clean eating, wholesome foods, and meals that aren't too complicated.

Day 2: Clean Your Kitchen

There's no doubt that a cluttered kitchen, messy cabinets, and an overloaded pantry can make you less likely to want to cook in your own kitchen. Not only does the cluttered space impact your mental health, it's likely impacting your decisions to eat well, too. Spend the time organizing your cupboards and pantry. Toss any food that's expired or tempting yet not healthy. When you awake to a clean kitchen, you'll be more excited to use it to its fullest extent.

Day 3: Sit Up

[Poor posture](#) leads to a myriad of health issues, but it also can cause digestive issues like indigestion. While eating, avoid slouching and sit upright to enjoy your meal and help your stomach digest its food properly.

Day 4: Use a Smaller Plate

If you're used to eating on a large dinner plate, try shrinking your dinnerware. It tricks your mind into thinking you're eating more. This, in turn, makes you feel satisfied sooner with smaller serving sizes.

Day 5: Try a Food Journal

One great way to see if your food choices are causing other health concerns is to keep a daily food log. Write down what you ate, how much you ate, and what time you ate it. Keep a log of symptoms that follow during or after eating your meal. Bowel movements, stomach pain, and other physical symptoms like brain fog should all be recorded.

Day 6: Walk After Meals

Not only will taking a walk after a meal help you get your steps in for the day, it can also help move your food along, too. Plus, it lowers blood pressure and improves heart health. Walk on!



Eating for Wellness - Days 7-13

Day 7: Choose Healthier Fats

Even if you're on a diet, don't cut out all fats. Your body needs fats to thrive, as long as they're healthy. Today, look for ways to include healthy fats in your diet like fatty fish, whole eggs, nuts, chia seeds, and even [dark chocolate](#)!

Day 8: Drink Up

Sometimes, hunger is actually just thirst. Any time you start feeling hungry, drink a glass of water first. Listen to your body's cues to see if you're truly hungry.

Day 9: Cut the Salt Shaker Out

Many healthy foods — like fruits — don't need anything to add more flavor. With vegetables, however, you may feel the urge to douse in salt and butter. Opt for options other than salt, which in excess can lead to heart issues.

Day 10: Add Healthy Spices to the Mix

If you love salt for flavor, consider swapping it out for other strong-flavored herbs and spices. Garlic, onion, and other fresh flavor enhancers can make a dish healthier and delicious — without adding excess salt. Looking to reduce inflammation? Give turmeric a try in veggie scrambles, curries, and more!

Day 11: Try Meatless Monday

A lover of red meat? Adore a good pork chop? Consider skipping meat on Mondays. Not only is it better for your health to forego meat often— it can help you lower cholesterol and get blood pressure in check — but it's also a great way to lose excess weight. Look at ways to enjoy vegetable-rich meals without meat at least one day a week to see how you feel.

Day 12: Start Looking at Labels

When was the last time you read a nutrition label? So often it's easy to rush through the grocery store and toss in the regular food staples. Learning how to read food labels can help you avoid allergens, additives, and compare nutrient profiles. A sneaky additive that pops up often? Added sugar. Added [sugar](#) is hidden in everything from salad dressing to condiments, which is why reading labels is so important.

Day 13: Put Your Fork Down

Between bites, put your fork down. The digestive process actually starts in your mouth with your saliva and helps your body start breaking down the food before it even enters your stomach. Take the pressure off your digestive tract and enjoy your food bite by bite.



Eating for Wellness - Days 14-21

Day 14: Try New Recipes

Expand your palate and try new foods today. Is there a recipe you've had clipped or saved on Pinterest forever that you haven't tried? Today is the day! Or, break out that cookbook you bought.

Day 15: Snack Well

Some folks are natural snackers. If you like to snack, opt for foods that offer nutritional perks that also keep you feeling full. Check out a list of healthy snacks to try [here](#).

Day 16: Try Several Small Meals

If you tend to deal with issues like indigestion or overeating, consider opting for several small meals a day. Try it for a day or two and see how you feel. If it works better than the standard three meals daily, stick with it!

Day 17: Take Time Out for Meals

It's easy to not take a break and continue working through your lunch while sitting at your computer or slouched over your phone. Today, be mindful in your approach to meal time. Make it your only focus. Put away all work and other distractions and enjoy the meal in front of you.

Day 18: Try Food Delivery Services

Sometimes you just don't have the energy for a multi-ingredient meal. For crazy weeks, you might consider a healthy meal delivery service that allows you to whip up a meal with fresh — not packaged and processed — ingredients with ease.

Day 19: Swap the Sweets

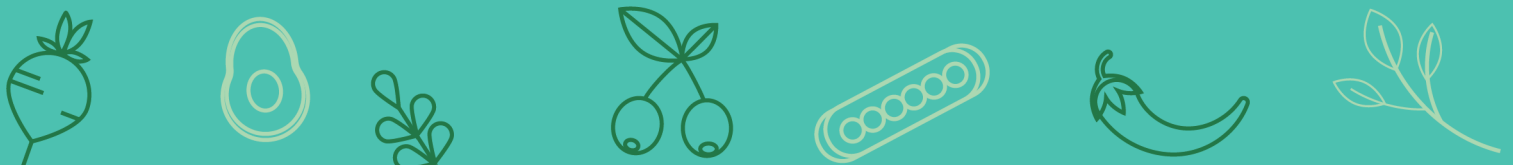
Got a sweet tooth? Try enjoying fresh fruit every time you get a craving. Fresh pineapple, mango, strawberries, and blueberries can hit the spot!

Day 20: Meet a Nutritionist

Nutritionists are experts when it comes to using food in a way to promote health and smart nutrition choices. If you struggle with knowing how to eat well and for optimum health, consider booking an appointment with a nutritionist today. Some insurance companies will pay for nutritional counseling, too.

Day 21: Grill Out

Don't want to cook indoors? Head to the great outdoors to grill. It's an easy way to enjoy a healthy meal and doesn't require much more prep than a little olive oil over healthy options like omega-3 rich salmon and veggies.



Eating for Wellness - Days 22-28

Day 22: Skip Alcohol

Alcohol does a number on the body. Not only does it impair judgment, it can cause stomach pains, headaches, and leave you dehydrated. If you usually imbibe nightly, consider skipping your favorite nightcap and see how you feel the next day.

Day 23: Go a Day Without Processed Foods

This can be a challenge if you love chips and other bagged items, but it can be done. Today, opt for only whole foods that will leave you feeling satisfied and healthy. Grilled chicken, a fresh salad, sushi, and broiled fish are all excellent options. Skip anything in a bag that doesn't come straight from nature!

Day 24: Pack Your Meals

Going out for the day? Expecting work to run late? Pack your meals the night before to ensure you meet your nutritional needs and maintain your energy. It saves you money and will also keep you from snacking on unhealthy options or going through the fast food lane.

Day 25: Try Tea Over Soda

Trying to kick your soda habit? Start today. Opt for tea — hot or cold — instead of soda. Kombucha in particular has been touted for its health benefits.

Day 26: Skip Appetizers

If you're going out to eat today, skip over the appetizers. These pre-meal dishes are often loaded with fat, salt, and sugar and keep you from enjoying a more nutritional and balanced lunch.

Day 27: Plan Ahead

You're more likely to eat well-balanced meals if you plan ahead. It all starts with your grocery shopping. Plan meals that require little prep but also use fresh ingredients that are nutritious. Today, plan your meals for tomorrow. Better yet, plan for the next several days!

Day 28: Don't Skip Meals

As tempting as it may be to power through and not eat a meal when you're engrossed in a project or other event, you'll regret it later. Skipping meals can lead to brain fog, headaches, and low energy. Plus, you may overeat later.



Eating for Wellness - Days 29-31

Day 29: Eat Together

Whether you have a family or roommates, do your best to eat a meal or two together daily. One Harvard study found that families who dine together are twice as likely to eat their daily recommended dose of veggies and fruits.

Day 30: Expand Your Palate

Try a food you normally wouldn't add to your plate. Bonus points if you go for a unique health food like dragon fruit, jicama, or beets.

Day 31: Listen to Your Body

Above all, listen to your body. No doctor, dietician, or diet fad can tell you how you feel after eating. Even if you've been tested for certain food sensitivities and all came back fine, if you feel crummy eating it, listen to your body. When you're hungry, eat. When you're full, stop eating. Get in tune with your needs and how you feel for the best chance at continuing a less frustrating and more fulfilling healthy eating journey.

