

10 DAY REAL FOOD CHALLENGE

MINI PLEDGE'S

TIPS TO SUCCESS

1. **Nature's Fast Food:** Three fruits and /or vegetables per day: try to incorporate at least one fruit or vegetable with your breakfast, lunch, and dinner meal.
Check out: <http://www.fruitsandveggiesmorematters.org/fruit-veggie-nutrition>
2. **The Better Beverage Challenge:** Beverages are limited to coffee, tea, herbal tea, water, low-fat dairy and all natural juices.
Check out: <https://blog.myfitnesspal.com/the-better-beverage-challenge/>
3. **No fast food:** Fast food contains higher amounts of unwanted nutrients like salt, fat and artificial chemicals. If consumed regularly health issues such as heart disease, diabetes and cancers can develop.
[http://www.academia.edu/7663896/Advantages and Disadvantages of Eating Fast Food Eating](http://www.academia.edu/7663896/Advantages_and_Disadvantages_of_Eating_Fast_Food_Eating)
4. **"Expand Your Palate" Try two new whole foods:** Whole foods are foods that can be picked out of a garden, field, or off trees, these foods are unprocessed and in its most natural state. Whole foods typically do not contain added salt, carbohydrates, or fat. Examples: Avocados, Sweet Potatoes, Beans and nuts. Check Out: <http://www.straightupfood.com/blog/>
<http://www.webmd.com/food-recipes/the-whole-foods-diet>
5. **100% Whole Grain for 2 meals per day:** Consume only 100 percent whole grains when eating bread, pasta, and any other products with grains, look for the word "Whole" in the ingredient list.
Check out: <http://wholegrainscouncil.org/>
6. **Mindful Eating:** eat one meal per day with no distractions. Ex.) No TV, reading, or eating in the car. Mindful eating leads to better eating habits and allows you to use all your senses to explore, savor and taste what you eat. Check out: <http://amihungry.com/what-is-mindful-eating/>
7. **Small Plate Movement:** use no more than a 9" plate for your largest meal of the day, smaller plates = smaller appetites. Check out: <http://smallplatemovement.org/>

If you have questions about the challenge please contact any one of the following people on the Wellness Council: Sandy Warren: swarren@monroecc.edu, Deneen Rhode: drhode@monroecc.edu, Tanya Mack Rich: tmack4@monroecc.edu, or Matt Farley: mfarley@monroecc.edu



Like the [MCC College Wellness Council](#) page on Facebook for additional information and encouragement during the challenge.

"It's never too late to start over. If you weren't happy with yesterday, try something different today. Don't stay stuck. Do better."