

March 2023

National Nutrition Month • Daily Nutrition/Health Goal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise for at least 30 min. today. (divide into 15 min. increments if needed)	2 Eat at least one serving of fruit or vegetable with every meal today.	3 Drink only water or unsweetened beverages today.	4 Aim for 8 hours of sleep tonight!
5 Try a new recipe. Check out nutrition.gov/ recipes for recipe ideas.	6 Take at least 30 min. to do something you enjoy today, such as reading.	7 Have lean protein with all of your meals today. (such as beans, baked chicken or fish)	8 Drink at least 8-10 cups of water today. Limit sugar-sweetened beverages too!	9 Cook a meal with a plant-based protein source such as beans, lentils or tofu.	10 Aim for 60 min. of exercise today. (divide into 15-30 min. increments, if needed)	11 Eat lunch slowly today. Savor and enjoy! Eat away from your computer/work.
12 Read the nutrition facts panel on all the food you consume today.	13 Have a balanced breakfast today with at least 3 different food groups.	14 Eat local! Have a food that is locally grown today. Visit a local produce stand.	15 Fill half of your plate with fruits and/or vegetables at lunch and dinner.	16 Choose a heart-healthy fat today, such as salmon, olive oil dressing or nuts/seed.	17 Five a day! Aim to consume 5 servings of fruits or vegetables today.	18 Choose whole grains today, such as brown rice, whole oats or whole grain bread.
19 Meal plan for the week and make a grocery list. Stick to your list when shopping.	20 Get outside today! Spend at least one hour being active outside.	21 Have a balanced snack with a protein source such as nuts or a hard-boiled egg.	22 Do you know correct portion sizes? Check out www.myplate.gov.	23 Eat the rainbow! Choose a variety of colorful fruits and vegetables today.	24 Mindful eating...eat meals today sitting down and without distractions. (like tv)	25 Try a new fruit or vegetable today! Look in produce section for something new.
26 Clean out your refrigerator and pantry. Get rid of old/expired food.	27 Prepare your lunch the night before at least 4 nights this week.	28 Are you up to date with your doctor's appointments? Schedule today!	29 Limit sugar-sweetened beverages over the next few days. Choose water!	30 Plan out exercise for the next month. Add it to your calendar and allot time for it.	31 Connect with a friend or family member virtually today. Take time to talk with them!	

