

PAINT YOUR PLATE WITH VEGETABLES AND FRUIT

Regularly eating a variety of fruits and vegetables is an important part of healthy eating.

Name: _____ **Email:** _____

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Challenge #1: Give Them a Try

Try one new vegetable or fruit or try a vegetable or fruit on your dislike list again.

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Challenge #2: Snack Attack

Have a vegetable or fruit as a snack.

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Challenge #3: Build a Better Breakfast

Add a vegetable or fruit to your breakfast. Try:

- fruit on the side.
- banana slices in your cereal or toast.
- frozen berries in your yogurt.
- vegetables in your egg omelet.

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Challenge #4: Build a Better Plate

Fill half your plate with vegetables at both lunch and supper. Enjoy vegetables fresh, frozen, or canned.

Complete all four challenges by March 31, 2021 and submit to
wellnessatwork@uoguelph.ca.

You could win dinner for your immediate household from Hospitality Services.

Other resources

[Canada's Food Guide](#) * [UnlockFood.ca](#) * [HalfYourPlate.ca](#)

This challenge was created by Alberta Health Services: <https://www.albertahealthservices.ca/nutrition/Page11144.aspx>



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