

Nutrition Tic-Tac-Toe

Choose a salad as a meal for the day

Skip putting sugar/creamer in your coffee

Go meatless for the day

Try a new protein recipe (i.e. chicken, fish, lean beef)

Eat dinner at the table with no distractions

Enjoy nuts for a snack (peanuts, almonds, cashews, etc.)

Drink no sugary beverages

Eat a balanced breakfast (eggs, smoothie, whole wheat bread, etc.)

Try a new smoothie recipe

SHEET 2



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