

Nutrition Tic-Tac-Toe

Pack your lunch
for the day

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

Skip putting
sugar/creamer in
your coffee

Limit sodium intake
(2,000 mg or under)

Drink no sugary
beverages

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

Choose a whole
grains option
instead of the
white flour option

Try a new
smoothie recipe

Choose a whole
grains option
instead of the
white flour option

SHEET 4



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