

Nutrition Tic-Tac-Toe

Include healthy fats
in your meals (fish,
olive oil, avocados,
seeds, etc.)

Skip the sweets
for today

Avoid
processed foods

Drink no alcoholic
beverages

Drink at least 64
ounces of water

Use extra virgin
olive oil when
cooking your meals

Skip putting
sugar/creamer in
your coffee

Eat dinner at the
table with no
distractions

Avoid refined carbs
for the day

SHEET 5



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FUEL UP RIGHT!

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