

Nutrition Tic-Tac-Toe

Pack your lunch for the day

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

Choose a whole grains option instead of the white flour option

Avoid carbs after 6pm

Journal your food intake for the day

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

Limit sodium intake (2,000 mg or under)

Drink 8 ounces of water after waking up

Cook with plenty of herbs and spices (ginger, turmeric, etc.)

SHEET 6



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FUEL UP RIGHT!

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