

# Take the Healthy Eating Challenge



A healthy diet is one way to prevent and control type 2 diabetes, and this month's tool focuses on four ways to eat right.

Before the challenge begins, look over the weekly healthy habits and the tips provided. Challenge yourself by deciding how often you are going to try to practice that healthy habit during the week. If you aim to practice it at each meal, your goal would be 21. During the week, put that healthy habit into practice as often as you can. When the week is over, write your total in the space provided. After completing the healthy eating challenge, consider the reflective questions below the chart.

Week	Healthy Habit	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>1</b> Goal: _____ Weekly Total: _____	<b>Take smaller portions</b> Start your meal with smaller portions, or cut a large portion in two and save half for your next meal. Use a small plate and pause between bites to make yourself more aware of the feeling of fullness. Keep meat portions to about 3 ounces (about the size of your palm). <i>Place a check on a line for each meal you ate smaller portions.</i>	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
<b>2</b> Goal: _____ Weekly Total: _____	<b>Fill half your plate with fruits and vegetables</b> Aim to eat three or four half-cup servings of fruit and four or five half-cup servings of vegetables each day. Choose a variety of colorful fresh or frozen vegetables, and when snacking try a vegetable medley (such as carrots, peas, beans, cauliflower, and cheery tomatoes). Avoid fried vegetables, or vegetables with butter or cream sauce. <i>Place a check on a line for each meal you filled half your plate with fruits and vegetables.</i>	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

<p><b>3</b></p> <p>Goal: _____</p> <p>Weekly Total: _____</p>	<p><b>Choose whole grains</b></p> <p>Select brown rice, whole grain bread, whole wheat pasta, and whole grain cereals. Aim for six to eight servings each day. (A serving is one slice of bread, ½ cup of noodles or rice, or 1 cup of dry cereal.) Avoid pastries, chips, doughnuts, and sugary cereal.</p> <p><i>Place a check on a line for each meal you chose whole grains.</i></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
<p><b>4</b></p> <p>Goal: _____</p> <p>Weekly Total: _____</p>	<p><b>Avoid sugary drinks</b></p> <p>Sugary drinks such as soda and fruit juice can lead to weight gain and a higher risk of type 2 diabetes. Instead, try water, unsweetened tea, skim milk, or coffee (without sugar and cream).</p> <p><i>Place a check on a line for each meal you avoided sugary drinks.</i></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>

## Reflective Questions

Did you meet your goal each week? \_\_\_\_\_

If not, what kept you from achieving it? \_\_\_\_\_

How can you avoid these obstacles? \_\_\_\_\_

If you met your goals, what helped you achieve success? \_\_\_\_\_

Which healthy habits do you plan to continue to practice? \_\_\_\_\_

Why? \_\_\_\_\_

## Healthy Eating Challenge Signature Page

I completed the Healthy Eating Challenge on \_\_\_\_\_ (Date)

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

