22 day Nutrition Goals

Set a 22 day nutrition goal
1. Make half of your plate fruits and vegetables.

Fruit and vegetables should be key parts of your daily diet. Fruits and vegetables provide vitamins, minerals, complex carbohydrates and fiber.

2. Make at least half your grains whole grains.

Whole-grain food includes whole-grain bread, oatmeal cereal and pasta. Whole grains may help protect against several chronic diseases, including cardiovascular disease, stroke, type 2 diabetes, and certain cancers. Whole grains also can help combat high cholesterol, and because they are high in fiber, they are satisfying and make you feel full longer.

3. Eat less fat.

Healthy sources of fat include fish, nuts, and vegetable oils. Avoid saturated and trans fats.

4. Eat less added sugar.

Sugar added to foods in processing contributes to weight gain, tooth decay and certain diseases.

5. Eat less salt.

Snack foods, processed foods and frozen meals often contain high amounts of salt.

6. Eat breakfast every morning.

You may skip it because you’re short on time (especially on weekdays) or want to shave a few calories, but there’s a reason this is called the most important meal of the day. Many studies show that adults who eat breakfast are more alert and attentive at work.

7. Drink one less soda each day.

Drinking soda causes a slew of health issues that can affect everything from your weight to your heart.

8. Choose lean proteins.

Eat the white meat of turkey or chicken, which is lower in fat than dark meat, red meat and pork. Start using lean ground sirloin, pork tenderloin or instead of high-fat cuts of meat. Animal fat is the number one dietary source of unhealthy saturated fat.
9. Increase daily calcium consumption.

Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure.

10. Make the switch from whole milk/ 2% milk to 1% or fat free milk.

Whole milk (4-percent fat) has the most saturated fat (8 grams per cup), 2-percent milk has a little less (5 grams per cup), 1-percent milk even less (3 grams per cup), and skim milk has no fat. Gradually wean yourself from the higher-fat varieties to the lower fat milk. Your palate will be ready for the thinner consistency of skim milk if you give it time to adjust.

11. Commit to snacking healthy.

A diverse diet ensures you get the vitamins and minerals you need without relying just on three meals a day. Filling gaps between meals in a conscious way can also help keep blood sugar levels stable and your energy and mood high.

12. Track calories in and calories out.

When people track their food intake and exercise levels, they usually eat less, exercise more, and lose weight. Use some of the free apps below.

13. Drink 64 ounces of water a day.

If we don’t drink water, we don’t flush out waste and it collects in our body causing a myriad of problems. Also combined with fiber, water can cure constipation. Prevent headaches. Sometimes headaches can be caused by dehydration, so drinking water can prevent or alleviate that nasty head pain.

14. Try a new recipe for a meal or snack.

By choosing a variety of different foods with different colors and from different food groups, you will have a well-balanced and nutrient-dense diet. Long story short, you will be healthier.
15. Minimize your fast food intake.

Researchers have found that a diet high in fast food — and its essential components such as bad fats, sodium and sugar — can have far-ranging effects on your brain, your bones, your happiness and more. If cooking isn't your thing, consider trying meal delivery kits from Blue Apron, HelloFresh, and other vendors in your area. You can save on these vendors and more at Beneplace. Learn more at beneplace.com/baesystems.

16. Rethink your portion sizes.

Simply eat less than you usually do. This is a great first change to make because it allows you to enjoy the foods you usually eat while still making a heart-healthy change. Keep in mind, though, it may only get you so far until you eventually will need to make some other changes to make your eating behaviors more heart-healthy.

![Portion sizes diagram](image)

17. Try taking a daily multi-vitamin.

If you do not have a balanced diet that includes fruits and vegetables, a multivitamin may be beneficial as nutritional insurance.
18. Add a side salad to one meal every day.

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure.

19. Reduce number of alcoholic drinks.

Calories from alcohol are ‘empty calories’, they have no nutritional value. Most alcoholic drinks contain traces of vitamins and minerals, but not usually in amounts that make any significant contribution to our diet. Drinking alcohol also reduces the amount of fat your body burns for energy.

20. Compare nutrition labels.

On package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.

21. Pack your lunch each day.

Packing your own lunch is a smart way to save money and eat a nutritious meal. If your mornings are hectic, you might skip packing a lunch because you don’t have the time or the energy. Prepare and pack your lunch the night before, and all you’ll have to do is grab it and go.

22. Eat earlier.

Determine the set dinnertime that works for you most nights of the week. Sure, every now and again practice or late nights at the office will interfere. But by eating earlier in the evening, you’ll leave time for a brisk walk after dinner and certainly give yourself more time to digest before going to bed.