

# Nutrition Month Challenge

*Eat Right, Your Way, Every Day* is a delicious and simple approach to improving your health by eating balanced, colorful portions of food. Follow the “Healthy Eating Plate” by filling half your plate with fruits and vegetables, one-quarter with lean protein and one quarter whole grains.

## Instructions:

During the month of March, your goal is to complete as many tasks as possible. Each time you complete a daily task, place a check in that box.

Complete the online post survey form by April 5.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Pre-pack your snacks for the week.	<input type="checkbox"/> Use a nine inch plate when serving meals.	<input type="checkbox"/> Plan and shop for meals each week.	<input type="checkbox"/> Follow the balanced plate twice today.	<input type="checkbox"/> Pack a “healthy eating plate” lunch.	<input type="checkbox"/> Drink 10-12/8oz. glasses of water.	<input type="checkbox"/> Practice portion and serving sizes.
<input type="checkbox"/> Eat a balanced salad for a meal.	<input type="checkbox"/> Eat three to five servings of vegetables.	<input type="checkbox"/> Try a new green, like kale, chard or arugula.	<input type="checkbox"/> Eat veggies at breakfast; spinach, salsa or mushrooms.	<input type="checkbox"/> Choose a citrus fruit (clementine, orange) as a snack.	<input type="checkbox"/> Have a piece of fruit for dessert.	<input type="checkbox"/> Eat two to four servings of fruit.
<input type="checkbox"/> Check for whole grain ingredients in your food.	<input type="checkbox"/> Eat a meal containing two whole grains.	<input type="checkbox"/> Eat only whole grains (versus refined) today.	<input type="checkbox"/> Buy two food products labeled 100% whole grain.	<input type="checkbox"/> Prepare quinoa as part of your dinner.	<input type="checkbox"/> Choose brown rice over white rice.	<input type="checkbox"/> Have whole grains for breakfast.
<input type="checkbox"/> Try a recipe with a leafy green vegetable or broccoli .	<input type="checkbox"/> Have a nonfat Greek yogurt as a snack.	<input type="checkbox"/> Choose tofu or beans as a source of calcium.	<input type="checkbox"/> Try low fat ricotta cheese with berries as a snack or dessert.	<input type="checkbox"/> Add a teaspoon of olive oil and lemon juice to your salad.	<input type="checkbox"/> Munch on 1-2 Tbsp. nuts for a quick snack.	<input type="checkbox"/> Check labels for trans fats or hydrogenated oils.

**You can complete any task on any day, or multiple tasks in one day. If you have questions, e-mail [nutrition@amgen.com](mailto:nutrition@amgen.com) or contact your site dietitian.**

**Please see the fruit and vegetable serving size guide located on the next page.**

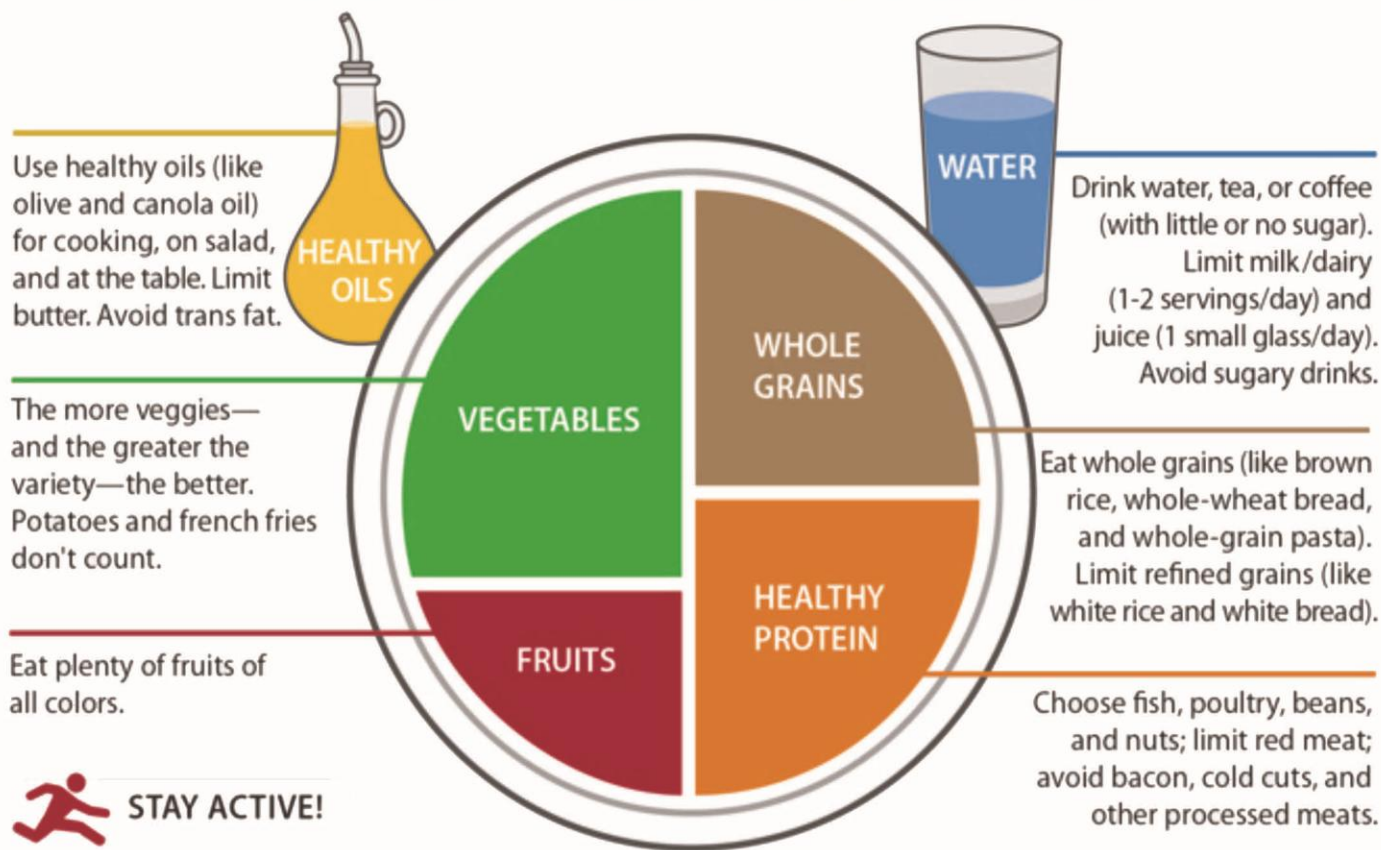
**The Nutrition Month Challenge is worth 350 Vitality points. Completion will be submitted on your behalf following submission of the post survey by April 5.**

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## HEALTHY EATING PLATE



**STAY ACTIVE!**

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## Serving Sizes

- Plate size: Nine inches (23cm)
- Vegetables: Half cup (35g) cooked or one cup (70g) raw
- Fruit: One cup (165g) chopped melon or berries or a tennis-ball sized piece
- Grains: One cup (175g) (the size of a fist) or two slices of bread
- Protein: Three to four ounces (85-115g), the size of a deck of cards, an iPhone or a flat palm
- Oils/fats: One to two tsp. (5-10 ml) fat per meal (the size of the tip of the thumb)
- Dairy: One cup (240 ml) milk, yogurt or milk substitute, or one ounce (25g) reduced fat cheese (the size of two dominoes)

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