

Nutrition & Hydration Challenge

How many can you complete during Nutrition & Hydration Week

Choose whole-grain bread, pasta, or rice over white varieties



Include a source of lean protein in every meal (e.g., chicken breast, tofu, fish).



Add beans or lentils to a salad or soup for extra protein and fiber.



Pack a healthy snack to have on hand when you're out and about.

Drink a glass of water before bed to stay hydrated overnight.



Eat a colourful meal with a variety of fruits and vegetables.

Use herbs and spices to flavour food instead of salt.



Jazz up your water by infusing it with mint, fruit, or vegetables!



Eat a serving of leafy greens (e.g., spinach, kale, lettuce).



Make a smoothie with fruits, vegetables and a protein source like Greek yogurt.

Swap out sugary desserts for a piece of dark chocolate or a fruit-based dessert



Choose a high-fibre breakfast option (e.g., oatmeal, whole grain cereal).



Try a new vegetable you've never had before.

Carry a reusable water bottle: Having a water bottle with you makes it easy to sip on water throughout the day



Eat a serving of fish twice a week for heart-healthy omega-3 fatty acids.

