

TASK TIME: 2 MINUTES

Diet & Nutrition
Week 4 Day 22

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It will teach you how to love
the foods that love you back.



The Importance of Diet and Nutrition

To feel healthy and energetic you need to eat a variety of whole foods. The best choices are foods that are not overly-processed and look like they did on the farm to where they were grown. Try to eat five or more servings of fruits and vegetables each day. Breads, cereals and pastas made from whole grains that have at least 2 grams of fiber per serving are important too. Limit your consumption of fats to 30% or less of your total calories and saturated fats to less than 10%. Avoid sugar and processed or baked foods that are high in sugar or corn syrup. Avoid fried foods.

Balance the calories you eat with the calories you burn through exercise, walking and living. Burn off 250-500 calories a day with moderate exercise.

This month, focus on eating at least 5 fruits and vegetables every day. Try making a list of how many different fruits and vegetables you eat each week. See if you can increase the number each week during this month with a goal of eating 25 different plant based foods per week by the end of the month.

Exercise: This week, try eating a fruit or vegetable instead of a processed snack.