

## April 2024 – Whole Foods Bingo

Choosing whole foods over pre-packaged, processed options is great for our health. Processed foods and sugary drinks add unneeded sodium, saturated fats, and sugar to our bodies, increasing the risk of chronic diseases. Throughout the month, try some of the options listed below and check off all that you do!

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

Department: \_\_\_\_\_



Choose whole grains instead of refined grains	Buy frozen vegetables that come in microwavable bags. Still easy!	Add small amounts of raw nuts and seeds daily	Choose whole wheat bread instead of white	When baking, swap sugar and fat for fruits and vegetables
Get your fiber directly from fruits, vegetables, and beans	Replace oils and sugars with mashed or pureed fruit and veggies in baked goods	Choose skinless chicken breasts instead of processed fried options	Think simple for meals—veggies, baked fish and roasted or steamed sweet potatoes	Choose fresh berries at breakfast instead of fruit flavored toaster pastries or breakfast bars
Make a real-fruit smoothie	Make water your primary beverage	<b>FREE SPACE</b> <b>WHAT WHOLE FOOD WILL YOU CHOOSE TODAY?</b>	Choose whole wheat pasta noodles instead of refined	Make your salads colorful— include at least 3 different veggies
Choose whole wheat tortillas	Instead of potato chips, choose a baked potato with light sour cream	Avoid packaged snack foods like crackers, granola bars, muffins, etc	Choose foods from ethically raised animals	Avoid added sugar in all forms. Check nutrition facts labels for added sugar
Eat portioned amounts of healthy fats— fish, nuts, and avocado	Add berries, chopped apples, or orange slices to your favorite dishes	Avoid prepackaged processed foods— choose a similar, healthier option	Wash and chop veggies, toss in olive oil and herbs, and place in a container in the fridge for easy	Replace pasta noodles with spaghetti squash

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Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at **Cullowhee Recreation Center** by May 10th