

whole FOOD CHALLENGE

FEBRUARY 19 - MARCH 20

For the next 30 days, you'll focus on nourishing your body with 10+ fresh, whole foods each day while limiting processed options. Use this tracking form to celebrate your progress and stay on track.

TRACK YOUR WHOLE FOODS

ONE Each day aim to eat 10+ fresh, whole foods.

Want to make it harder? On top of adding 10+ fresh, whole foods, limit your intake of processed and ultra-processed foods to less than 5.

TWO Check off each day that you eat 10+ fresh, whole foods and write down a few of them in the box for that day. To complete this challenge, you need to accumulate at least 25 checks.

THREE Upload your tracking form to the WellRight App under the Whole Food Nutrition Challenge, email to wellness@atlanticpkg.com or hand it in to your Branch Wellness Coordinator by 3/25. **Earn a Bonus Entry:** Submit a picture of one of your meals on Webex* for an extra chance to win.

FOUR Celebrate your success! All completed entries (and bonus submissions) will be entered into the Whole Foods Challenge prize raffle- a FREE entry into the 21-Day Gut Reset with our Registered Dietitian, Lauren Benser being held in May.

*If you are not currently a member of the Atlantic Wellness Webex channel, reach out to Becca Schusler at beccas@atlanticpkg.com to be added.

GOOD HEALTH STARTS WITH FRESH, WHOLE FOODS.

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SAMPLE:

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strawberries
 spinach
 asparagus

NAME _____

TOTAL

POINTS: _____

**Quick tip: Eat less from a box
and more from the earth.**



WHAT ARE WHOLE FOODS?

What you eat profoundly impacts your health and energy.

Cutting back on heavily processed foods and choosing fresh, whole minimally processed foods can reduce calories and sugar, stabilize energy, and boost overall well-being. Unlike heavily processed foods that cause energy crashes, fresh, whole foods fuel your body with essential nutrients.

The Whole Foods Challenge is about feeling good and properly fueling your body. Whole food, like fresh produce and whole grains, sustains a healthy weight, sharp mind, and steady energy. By replacing processed foods with wholesome options, you'll nourish your body and feel your best every day.

REMEMBER YOUR GOAL: EAT 10+ REAL, WHOLE FOODS DAILY.

EXAMPLES OF FOOD TO REDUCE:

- White bread
- Potato chips
- Cookies
- Snack cakes
- Sugary granola bars
- Candy
- Pretzels
- Soda
- Easy Cheese
- Hot dogs
- Pop-Tarts
- Fruit snacks
- Sugary breakfast cereals
- Frozen pizza
- Fast food
- Deep fried foods



Vegetables

Load up on fresh or frozen vegetables. Buy local, in-season when you can.



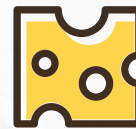
Fruits

Choose fresh, dried or frozen to satisfy your sweet tooth.



Herbs & Spices

Sprinkle liberally to infuse flavor into your cooking.



Milk & Dairy

Buy unsweetened greek yogurt and select real cheese.



Meat & Seafood

Bake, broil or sauté chicken, fish, pork, lamb or shrimp.



Eggs

Pick pastured eggs from farmers' market.



Wholesome Grains

Opt for brown rice, oats and quinoa.



Beans & Legumes

Look for canned beans with minimal added sodium or choose dried beans.



Nuts & Seeds

Go for seeds, nuts, beans and popcorn.



Beverages

Sip mostly on water or unsweetened coffee or tea.



Natural Sweeteners

Use honey or 100% pure maple syrup in moderation.

