

NUTRITION CHALLENGE

Temple College Wellness Initiative

Fast Facts

Whether you're overeating, undereating, or simply lacking balance, your diet can have a major bearing on both your health and productivity. A 2012 study found that an unhealthy diet had a greater effect on productivity than both smoking and lack of exercise. Another study found that diets rich in fruits and vegetables lead to greater curiosity and creativity.



Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk.

Your Weekly Challenge:

- **Increase your fruit and vegetable intake.** The USDA recommends 1.5-2.0 cups of [fruit](#) and 2.5-3.5 cups of [varied vegetables](#) every day.
- **Log your daily food intake.** Not sure where to start? Try the free MyPlate Plan to calculate your daily needs and track your meals using the MyNetDiary app, the printable PDF in the Teams Files, or a simple Excel spreadsheet.
- **When you sit down to eat, focus only on eating.** Does tracking every meal seem a bit overwhelming? Try to eat attentively this week. Don't eat while working, driving, or watching television. Simply enjoy your meal, then move on to other activities.

Linked Resources:

- [MyPlate Plan](#) – USDA tool to calculate dietary needs
- [MyNetDiary](#) – App for tracking meals
- [Printable](#)- Fitness/Nutrition Log