

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

JUNE 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



"We should all be eating fruits and vegetables as if our lives depend on it - because they do."

— Michael Greger

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and make every bite count.

The USDA's MyPlate nutrition guide, which is based on the 2020 - 2025 Dietary Guidelines for Americans, recommends that at each meal you make half your plate fruits and vegetables.

Eating fruits and vegetables provide health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

JUNE RESOURCES

HOW TO BUY, STORE, &
PREPARE CERTAIN
FRUITS AND VEGGIES



Focus on Whole Fruits

Check out these tips for ways to incorporate fruit into your day!

Vary Your Vegetables

Check out these tips on ways to eat a variety of vegetables!

