

# Nutrition Bonus Points

## *Each item is worth 2 Bonus Nutrition Points*

*(Maximum 2 points per day)*

1. Split an entree with a friend while eating out.
2. Have a salad for your dinner entree.
3. Eat a meal or a snack before grocery shopping.
4. Make your own **Salsa\*** from scratch.
5. Choose a reduced fat version of one of your favorite foods.
6. Substitute a *Non-fat Latte* for *Café Mocha*.
7. Choose a side salad instead of fries when eating out.
8. Choose fruit for dessert.
9. Use a smaller plate for your dinner meal.
10. Drink a glass of water 20 minutes before you eat dinner.
11. Try a fruit you've never tasted.
12. Try a vegetable you've never tasted.
13. Make a **Smoothie.\***
14. Try a vegetarian pizza.
15. Try a **Veggie Burrito\*** or meatless wrap.
16. Buy a higher fiber bread than your usual selection (Look for Dietary Fiber on label).
17. Substitute whole grain pasta for your regular pasta when shopping.
18. Choose whole grain crackers instead of chips.
19. Try mixing 100% fruit juice with Club Soda instead of drinking a soda.
20. Eat only half of your high-calorie dessert.
21. Make muffins from a low-fat muffin mix.
22. Try plain yogurt and add your own fruit for a lower calorie snack.
23. Make **Fiesta Hummus\*** for a great tasting healthy dip or spread.
24. Make **Oven Baked Herbed Potato Wedges\*** instead of fries.
25. Try a healthier butter substitute.
26. Take a Calcium Check Up at [http://www.oregondairycouncil.org/calcium\\_checkup](http://www.oregondairycouncil.org/calcium_checkup)
27. Take a Portion Distortion Quiz at <http://hp2010.nhlbihin.net/portion/index.htm>
28. Create a personalized assessment or plan at <http://www.Mypyramid.gov>
29. Learn to read the Nutrition Facts Label at <http://www.cfsan.fda.gov/~dms/foodlab.html>
30. Plan a healthy menu for a day at <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>
31. Attend a walking meeting instead of sitting at a conference table.
32. Measure the portions of the food you eat for a day.
33. Make your coffee *Half-Caf* (half caffeine/half decaf).
34. Water down your sports drink.
35. Make your own trail mix with whole grain cereals, nuts, pretzels and dried fruit.

*\*(Recipes are provided for those items in bold type)*

# Physical Activity Bonus Points

*Each selection is worth 2 Bonus Physical Activity Points*

*(Maximum 2 points per day)*

1. Pick up litter in your neighborhood during **National Volunteer Week (Week 1)**
2. Turn off the TV during **TV Turn-off Week (Week 2)**
3. Take the family to the playground or a hike during **National Family Week (Week 3)**
4. Walk to work with a wide brimmed hat and sunscreen during **National Womens Health Week (Week 4)**
5. Bike to Work during **Bike to Work Week (Week 5)**
6. Row a boat or rowing machine during **Safe Boating Week (Week 6)**
7. **Join the March of Dimes Walk America event on Saturday, April 28<sup>th</sup>**
8. Take a 10 minute walk break instead of a coffee break
9. Park in the back of the parking lot at the grocery store.
10. Walk to a co-worker's desk instead of emailing.
11. Walk to church instead of riding in the car.
12. Play an outside game with a child.
13. Pace the sidelines of your child's sports event.
14. Take the dog for a walk.
15. Exercise while you watch TV.
16. Carry your groceries instead of pushing a cart.
17. Fly a kite.
18. Plant a tree.
19. Engage in a physical activity with a "Fitness Buddy".
20. Pull weeds in the yard.
21. Wash your car by hand.
22. Dance to music for 15 minutes.
23. Take the stairs instead of the elevator or escalator.
24. Wash the windows.
25. Vacuum the carpets and the places you usually skip.
26. Mow the lawn with a push mower.
27. Wear a pedometer for a day and reach at least 6000 steps.
28. "Run" while running errands.
29. Calculate your BMI at <http://www.nhlbisupport.com/bmi/bmicalc.htm>
30. Calculate your calorie expenditure for your favorite activities at <http://primusweb.com/fitnesspartner/jumpsite/calculat.htm>
31. Try a sport you have never tried.
32. Measure your pulse rate during exercise.
33. Take a 15 minute meditation break.
34. Give someone a neck massage.
35. Get a full 8 hours of sleep at night.