

# Week 2- May 13- 19



## Nutrition Week

*This week is all about engaging in healthy nutritional habits to add to our Heart Smart / [ParticipACTION](#) Challenge. Some examples include:*

- Organize a healthy Potluck lunch with your team
- Have an active lunch- eat outside, use half your lunch break to go for a walk or workout
- Donate to the Student Union **Food Bank** – click [here](#) for more info.
- Other – what is your go-to nutrition healthy habit?

50,000 points will get you the Week 2 badge –enter your physical activity points on a regular basis.

Extra points/badges this week:

1. Take a photo of your healthy potluck lunch – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email [wellness@uleth.ca](mailto:wellness@uleth.ca) to confirm for **an extra 2000 points**.
2. Join us for a '**Guided Bird Walk**' badge – with Field Guide Samantha Krause – meet May 14 at 12:05 PM outside Bus Loop (SU). Bring a friend/teammate – get your **Week 2 Team Badge!**
3. **Healthy Snack badge** - Choose 4 healthy snacks this week for this badge and tag us on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook) to keep us in the loop!
4. [ParticipACTION](#) app – Download the app for your chance to win even more prizes!

*Tips: Healthy eating does not have to result in dieting or making yourself miserable when limiting your options. You can choose many simple alternatives. These include:*

- *Start by slowly decreasing foods/products you wish reduce. E.g. have one sugar in your coffee instead of two.*
- *Replace cravings for certain foods with something else that is similar. E.g. craving for sweets replace with a sweet fruit like pineapple or strawberries.*
- *Try not to think of certain foods or drinks as being 'off-limits'.*
- *Modify portion sizes either as a meal or food group sizes in your average meal. E.g. increasing the fruits in veggies portion of your meal.*
- *Keep track of water consumption as it is used for waste elimination, metabolism, body temperature and more.*
- *Eat in moderation and variation to stay in engaged in your nutritional choices.*
- *Check out [Canada's New Food Guide](#) for suggestions and recommendations!*

### Canada's food guide recommendations

