

5 WEEK NUTRITION PROGRAM

B I N G O

1 2 3 4 5

HAWKS!

H FIBER	A FRUIT	W LEAN PROTEIN	K VEGETABLES	S HYDRATION
Eat at least 3 servings of whole grains in 1 day*	Eat at least 3 servings of fruit in a day	Include a lean protein for breakfast*	Eat at least 3 different colored vegetables in a day	Check to see if your water bottle is BPA free
Try a grain that you've never eaten before*	Give a piece of fruit to a friend	Eat fish/seafood 2 times during the week*	Eat a salad for/with a meal	Drink and refill your water bottle at least 3 times in a day
Eat a whole grain for breakfast*	Eat a piece of fruit instead of a sugary dessert or snack*	FREE SPACE	Eat a vegetable with your breakfast*	Substitute water for sweet drinks (sugar sweetened or diet drinks or juice) for an entire day*
Add a whole grain to a soup, yogurt, smoothie or other dish*	Try a fruit never eaten before or add to a new dish*	Have a meat-free day, make all meals vegetarian*	Have a vegetable as a snack at least 2 times in a week*	Drink 1 cup of water with each meal
Eat a high fiber food as a snack*	Eat fruits of at least 3 different colors on 1 day	Eat at least 1 meal with beans or peas as the protein source*	Try a vegetable you've never eaten before or prepare a vegetable in a new way*	Avoid all caffeine for a day

*See weekly email or website for tips for this activity!

STUDENTHEALTH.UIOWA.EDU/BINGO



[HAWKEYE_HEALTH](https://twitter.com/HAWKEYE_HEALTH)

Welcome to BinGO HAWKS:

An easy program to encourage you to take steps to eating healthier.

Goal: Each week complete as many of these activities as you can.

BinGO HAWKS Instructions: Cross off each activity you complete. See how many bingos you can complete by the end of the 5 week program! (A bingo is completing any full line of activities across, down or diagonal.)