



WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:
oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

March 2023

Build Your Plate With Healthy Choices

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONTHLY WELLNYS DAILY TO-DO'S

April

Create and stick to a budget

May

Choose an activity you enjoy to keep fit

June

Start and end your day with a positive habit

March

Build Your Plate With Healthy Choices

Once you've completed the To-Do, check the box!



WellNYS
Everyday

- 1.** The Daily To-Do for March is the same as the name of webinar. Join us today at 12:00PM for the Wellness Webinar “Build Your Plate Around Healthy Choices.” Go to <https://oer.ny.gov/wellnys-everyday-webinars> to register. A recording will be posted on the website at a future date.
- 2.** Test Your Nutrition IQ - This brief (and fun!) quiz on protein will get you thinking about ways to create a healthy plate. <https://kahoot.it/challenge/01122908>
- 3.** A healthy eating routine will have positive effects over time. Make every choice count with MyPlate. Download the Start Simple with MyPlate poster and post it on your refrigerator: <https://www.myplate.gov/eat-healthy/what-is-myplate>
- 4.** A simple way to focus on what you're eating is to use a food journal to write down and keep track of what you eat and drink. This is an excellent tool to use when providing information to a dietitian.
- 5.** For every meal, make it a goal to have a least one fruit or vegetable or both on your plate. When planning your next meal, which one can you add to your plate?
- 6.** Looking for plant-based alternatives to meat? Sign up for the Meatless Monday Newsletter at <https://www.mondaycampaigns.org/meatless-monday>
- 7.** As you build your plate, be aware of your portion sizes. People tend to overeat because their portion sizes are too large. Use a smaller plate and measuring spoons when serving meals.
- 8.** According to the 2020-2025 Dietary Guidelines, 90% of the U.S. population does not meet the recommendation for the consumption of vegetables. Are you in the 90% or the 10%? To access the Guidelines, go to <https://www.dietaryguidelines.gov>
- 9.** Test Your Nutrition IQ - This brief (and fun!) quiz on whole grains will get you thinking about ways to create a healthy plate. <https://kahoot.it/challenge/08748653>
- 10.** For more information on eating healthy on a budget, go to <https://www.myplate.gov/eat-healthy/healthy-eating-budget>
- 11.** Spend time today developing a meal plan for next week. Use a piece of paper with three columns: meals and ingredients, grocery list for the ingredients, and the cost of each meal.
- 12.** Currently one dozen eggs costs approximately \$3.66 which is 30 cents per egg. Each egg has six grams of protein. Even though the price of eggs has increased, they're still a less expensive protein than meat, chicken, or seafood.
- 13.** According to MyPlate, one quarter of your plate should be whole grains. Choose wild rice, quinoa, brown rice, farro, barley, oats, or whole wheat. Stay away from refined grains such as white rice, white bread, or white tortillas. What grains are you choosing to make for dinner tonight?
- 14.** An example of a balanced breakfast would include a cup of fat free milk, a slice of whole grain bread, one egg, strawberries, and a banana. What is your favorite healthy breakfast?
- 15.** An example of a balanced lunch would include spinach or other greens, tomato, onion, sliced turkey, olive oil dressing, and low-fat yogurt. What is your go-to healthy lunch?
- 16.** Test Your Nutrition IQ - This brief (and fun!) quiz on added sugars will get you thinking about ways to create a healthy plate. <https://kahoot.it/challenge/04441701>
- 17.** Top of the morning to you! Today is Saint Patrick's Day. Fill half of your plate with cabbage, carrots, a few potatoes, a small piece of Irish soda bread, and a quarter of your plate with corned beef.
- 18.** Instead of frying Buffalo wings, bake or air fry cauliflower with wing sauce on it. It is lower in fat and fewer calories than traditional wings. Try it with low-fat blue cheese dressing and celery sticks for a balanced healthy choice.
- 19.** On March 4, the WellNYS Daily To-Do suggested to use a food journal for March. So far, how's it going? There is still time to start writing down what you ate or drank.
- 20.** Do you need assistance creating balanced meals? Schedule an appointment with a Registered Dietitian. Go to <https://www.eatright.org> to find a dietitian in your area.
- 21.** It's Taco Tuesday. Create your balanced, healthy plate with a corn tortilla, black beans, pico de gallo, avocado, low-fat sour cream, whole grain rice, and mangos.
- 22.** What are you planning for a healthy breakfast, lunch, and dinner today?
- 23.** Test Your Nutrition IQ - This brief (and fun!) quiz on fats will get you thinking about ways to create a healthy plate. <https://kahoot.it/challenge/01776658>
- 24.** More pizzas are sold on Fridays than any other day. Instead of a traditional crust, use cauliflower crust and then add toppings. What are your favorite healthy pizza toppings?
- 25.** March is a great time to plan your garden. What vegetables would you like to grow in your yard or on your patio this summer?
- 26.** Do you have snacks on your grocery list? Try vegetables with hummus, almonds, whole fruit, an apple with peanut butter, Greek yogurt, hard boiled eggs, or a protein shake.
- 27.** The average time to look at a menu is a few minutes. The next time you dine out, find the restaurant online, look at the menu and plan a healthy meal before you visit the restaurant.
- 28.** Selecting desserts can be difficult when trying to make healthy choices. Would you enjoy angel food pastry with fresh berries and whipped cream? If so, go to <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/angel-food-pastry-fresh-berries-and-whipped> for this low-fat dessert.
- 29.** The WellNYS Everyday program has a portal titled “I Did It!” We recognize New York State employees and their families who have made significant lifestyle improvements. If you have a story to share, click on the following link <https://oer.ny.gov/i-did-it>.
- 30.** Test Your Nutrition IQ - This brief (and fun!) quiz on vegetables will get you thinking about ways to create a healthy plate. <https://kahoot.it/challenge/05023390>
- 31.** Thank you for joining us for 31 days of building your plate with healthy choices. Join us in April when the WellNYS Daily To-Do will be to “Create and stick to a budget”. The monthly webinar will be on Wednesday, April 5.

Number of days completed