

# JUNE HEALTHY SUMMER Challenge

from the Michael & Susan Dell Center for Healthy Living

## Healthy, Happy Eating



Add two vegetables to your dinner plate

Ride your bike to your next meal

Make a list of foods that include Vitamin A

Try a new healthy recipe  
[nourishprogram.org](http://nourishprogram.org)

Choose a grilled or baked option next time you are at a restaurant

Make a meal using plant-based protein

Select water instead of a sugary drink

**3 DAY CHALLENGE:**  
Make homemade meals for three days in a row

Avoid sugary drinks for the day

Try a new fruit

Drink 6 to 8 8-ounce glasses of water throughout the day

Make a plant-based meal

Make a list of foods that include Vitamin D

Visit a farmer's market



Eat a healthy breakfast

Follow the MyPlate model when making dinner

Replace a drink with a fat-free or low-fat milk option

Eat dinner without looking at a screen

Make fresh-fruit popsicles from scratch

Add a fruit to your breakfast

Infuse water with your favorite fruits and herbs

<https://www.youtube.com/watch?v=vfEnuQTSiQg>



Try a new protein like fish or tofu

Make a list of foods that include Vitamin E

Try a new balanced snack like fruit with nuts or greek yogurt

Make a list of summer fruits and vegetables

Try a new vegetable

Add cinnamon or fruit to your oatmeal

Take a healthy food cooking class

