

# Nourish your well-being this summer



Enjoy healthy, wholesome food during the SmartHealth **Five to Thrive** challenge.

## How it works

Use the SmartHealth Five to Thrive 28-day challenge to help you focus on the goal of eating five servings of fruits and veggies per day.

Indicate whether you were able to meet the goal (yes or no) on at least 21 days to earn 150 points!

You can document your progress each day or go back to retroactively report it before the end of the challenge. Track your results at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) or on the Wellness At Your Side app.

The challenge starts June 19 and ends July 16. You must register no later than June 26 to participate.

## Eat your way to well-being

A nutritious diet can help you live a longer, healthier life. By eating at least five servings of fruits and veggies a day, you can help lower your risks for heart disease, type 2 diabetes and some types of cancers.

## Bring balance to your diet

For a simple way to eat a healthy and well-rounded diet, fill your plate with the following:

- **Half fruits and veggies** – Try produce of all types! It doesn't matter if they're raw, cooked, fresh, frozen, canned, jarred, or dried—they all provide health benefits.
- **A quarter whole grains** – Whole grains are filled with fiber, vitamins, antioxidants, and other key nutrients. Try whole-wheat pasta, brown rice, quinoa, or other healthy whole grains.
- **A quarter lean protein** – Choose lean proteins like salmon, legumes, and nuts, which can help regulate blood pressure and improve overall heart health.



Download our menu planner and food journal.

## Have healthy meals on hand

Ready to start prepping your meals? Follow these simple steps to get started.

- **Plan ahead** – Use the QR code below to download the menu planner and use it to plan meals for the week.
- **Gather recipes** – Start a collection of healthy recipes.
- **Check your pantry** – Make the most of what you already have.
- **Make a grocery list** – Organize a list of all the food you'll need in order to cook.
- **Prepare meals** – Cook extra portions to get a few meals out of every recipe!
- **Track what you eat** – Use the QR code to download the food journal and use it to record what and how much you eat.

**Register by June 26 at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) or use the Wellness At Your Side app.**

## SOURCES

Centers for Disease Control and Prevention: "Benefits of Healthy Eating" <https://qrcodes.pro/Benefits-of-Healthy-Eating>

AHA Journals: "Fruit and Vegetable Intake and Mortality" <https://qrcodes.pro/Fruit-Vegetable-Intake>

U.S. Department of Agriculture: "What is MyPlate?" <https://qrcodes.pro/What-Is-MyPlate>



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