Well Work

April 2025 – Whole Foods Bingo

Choosing whole foods over pre-packaged, processed options is great for our health. Processed foods and sugary drinks add unneeded sodium, saturated fats, and sugar to our bodies, increasing the risk of chronic diseases. Throughout the month, try some of the options listed below and check off all that you do!

Name: _____

Department: _____

Choose whole grains instead of refined grains	**Buy frozen vegetables that come in microwavable bags. Still easy!**	**Add small amounts of raw nuts and seeds daily**	**Choose whole wheat bread instead of white**	**When baking, swap sugar and fat for fruits and vegetables**
Get your fiber directly from fruits, vegetables, and beans	**Replace oils and sugars with mashed or pureed fruit and veggies in baked goods**	**Choose skinless chicken breasts instead of processed fried options**	**Think simple for meals– veggies, baked fish and roasted or steamed sweet potatoes**	**Choose fresh berries at breakfast instead of fruit flavored toaster pastries or breakfast bars**
Make a real-fruit smoothie	**Make water your primary beverage**	**FREE SPACE** **WHAT WHOLE FOOD WILL YOU CHOOSE TODAY?**	**Choose whole wheat pasta noodles instead of refined**	**Make your salads colorful— include at least 3 different veggies**
Choose whole wheat tortillas	**Instead of potato chips, choose a baked potato with light sour cream**	**Avoid packaged snack foods like crackers, granola bars, muffins, etc**	**Choose foods from ethically raised animals**	**Avoid added sugar in all forms. Check nutrition facts labels for added sugar**
Eat portioned amounts of healthy fats— fish, nuts, and avocado	**Add berries, chopped apples, or orange slices to your favorite dishes**	**Avoid prepackaged processed foods— choose a similar, healthier option**	**Wash and chop veggies, toss in olive oil and herbs, and place in a container in the fridge for easy**	**Replace pasta noodles with spaghetti squash**

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Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at **Cullowhee Recreation Center** by May 9th