

2016 Wellness Incentive: Nutrition Challenge



Are you struggling to “eat right”? You can achieve long-term sustainable health improvements with incremental changes in your eating habits. Get the tools you need by signing up for the Nutrition Challenge. Deadline for registration is November 21st.

What is the Nutrition Challenge?

This is a four week program to track daily food group servings and learn about portion control. You will learn healthy tips and strategies, such as:

- When you serve a meal, imagine the plate is divided in half and fill one-half with fruits or vegetables.
- When eating out, ask to have the bread basket removed from your table.
- Use a smaller plate, such as 8 or 10 inch instead of a 12 or 14 inch plate.
- Avoid eating while watching television.

Who is eligible to participate?

Employees and/or covered spouses/partners are eligible.

What is the format of the program?

During the first week, you will attend an orientation course or watch a video of the course. You will receive educational resources to assist you with the challenge such as guidelines for caloric intake, portion sizes and daily recommended serving amounts. Then you will track your food for four consecutive weeks by submitting a food journal weekly.

How do I keep a food journal?

You will use a spreadsheet to track your daily food intake for 28 days. Each week you will electronically submit your food journal entries using the link in the tracking tool that will be provided after registration. Entries can be submitted from any computer or smartphone.

Does this mean no dessert for a month?

You can eat whatever you choose. The focus is on the major food groups which are grains, vegetables, fruits, protein, and dairy as outlined on the USDA's [ChooseMyPlate website](http://ChooseMyPlate.gov).

What incentives can I earn?

You can earn 12,500 reward points or \$50 cash for completing four weeks of food tracking.

How do I sign up?

[Register for the Nutrition Challenge](http://www.pinellascounty.org/hr/incentive).