

# GET IN THE GAME!

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**Starting March 20th**, we're tackling this month's healthy eating challenge:  
**Fill Half or More of Your Plate with Fruit and Veggies for 7 days!**

Displacing less healthy foods with fruits and vegetables is a simple habit with powerful outcomes. You'll know if you're on track at each meal just by looking at your plate.

If you're not yet enrolled in Diet ID, register here: [sd27jhealthyhabits.dietid.com](https://sd27jhealthyhabits.dietid.com). If you're already enrolled, log back in on Monday, March 20th to start your challenge with your colleagues!

## **Why This is a Good Idea**

A diet high in fruits and vegetables helps to prevent cardiovascular disease and type 2 diabetes. It helps with weight management, gastrointestinal health, and may even help your skin glow and your hair shine!

If you're already great at this challenge, you can still participate! Check in each day to track your progress.

Feel free to reach out to the Diet ID team with any questions – chat with them right in your Diet ID dashboard or email them at [info@dietid.com](mailto:info@dietid.com).

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*Get in the game!*

## The 7-day Fill Half Your Plate with Fruit & Veggies Challenge



Enroll by March 18th  
[SD27JHealthyHabits.dietid.com](https://www.sd27j.org/HealthyHabits.dietid.com)



**Lori Marten**

<https://www.sd27j.org/Page/7781>

We appreciate your feedback!

Please share your experience so we can focus on what matters to you.

<https://forms.gle/bHpA999Q4KaQUrTa9>