Your Logo Here

Healthy Gut Bingo!

Southeast Service Cooperative

Try a new fruit or veggie this week *(or one you don't normally purchase.)*	Buy a different colored version of a favorite go-to veggie (*purple carrots, sweet potatoes and cauliflower are all great!)*	Try one of these (or another one you find) recipes. Share your thoughts with the staff on how it was.	Check out this healthy gut guide.	Try homemade sauce instead of one from a jar	Swap an ultra-processed snack for less processed one (nuts anyone? fruit?)
Eat 30 or more different plants this week. *(Spices, herbs, nuts, seeds, legumes and whole grains also count.)*	Swap an ultra-processed snack for less processed one (nuts anyone? fruit?)	Have a fruit or veggie at every meal today.	Ask a colleague how they're doing on their bingo card	Try a new fruit or veggie this week *(or one you don't normally purchase.)*	Eat mainly plant based foods today
Use legumes beans to round out meals today.	Have a fruit or veggie at every meal today.	Pack your lunch today instead of fast food.	Watch this two minute video on getting more fiber into your diet.	Watch this 3 minute video on the benefits of diversity in your food.	Try adding a small amount of fermented food to a meal. (kraut or kimchi are options)
Watch this 2 minute video on fermented foods.	Try plain yogurt and fruit for breakfast, or steel cut oats. Add some honey to either if	Eat mainly whole foods today	Try fermented dairy, such as aged cheddar or kefir. Here are more examples.	Buy a different colored version of a favorite go-to veggie (*purple carrots, sweet potatoes and cauliflower are all great!)*	Watch this 2 minute video on healthy snacking.
Try a new fruit or veggie this week *(or one you don't normally purchase.)*	Swap white bread for whole-grain, sour-dough, or rye.	Keep the skin on veggies like potatoes and squash.	Swap an ultra-processed snack for less processed one (nuts anyone? fruit?)	Eat mainly plant based foods today.	Watch this 2 minute video on getting more color into your diet.
Eat mainly whole foods today	Use legumes beans to round out meals today.	Have a fruit or veggie at every meal today.	Cook or dress food with extra virgin olive oil.	Try a new fruit or veggie this week *(or one you don't normally purchase.)*	Enjoy a meal made with ancient grains (quinoa, bulger, etc.)

- To earn a prize, complete at least 20 squares. *(There is no limit to the number of squares you complete each day.)*
- **Let XXXXX know your results by XXXXXXXXXXXXXX Here's to better immunity, more energy, better sleep, and a host of other benefits.**