

10 DAYS PHYSICAL HEALTH CHALLENGE

PART THREE

January 14–17 (4) Days -Healthy Eating Challenge

Goal: Reduce starch and added sugars while increasing fiber intake.

Focus: Choose whole, minimally processed foods for better nutrition.

Incentive: Participants who complete the challenge (with honesty and proof) will receive a prize.

Eat More (High-Fiber, Nutrient-Rich Foods)

- Vegetables: Leafy greens, broccoli, peppers, carrots, tomatoes—aim to fill half your plate.
- Whole Grains: Oatmeal, quinoa, brown rice, whole-grain bread or pasta.
- Legumes: Beans, lentils, chickpeas (great in soups and salads).
- Fruits: Berries, apples, pears—pair with protein or healthy fats.
- Nuts & Seeds: Almonds, chia, flax, sunflower seeds (unsalted).

Limit or Avoid (Starch & Sugar)

- Refined grains like white bread and white rice
- Sugary drinks, sweets, and foods with added sugars
- Processed meats such as deli meats