

MAINTAIN DON'T GAIN CHALLENGE

Food Can Be the Best Medicine

FOOD CAN BE THE BEST MEDICINE

Congratulations – you're at the end of the challenge! Great job sticking with the challenge for the last eight weeks. Don't let your hard work stop here though, let's keep it going throughout the rest of the year.

You might be surprised to find out that one of the best ways you can stay healthy and fight illness is by eating the right types of food.

Here are some simple ways you can add more fruit and vegetables into your diet:

- **Have healthy food on hand.** Don't be caught up in other's decisions to eat unhealthy. Be prepared by always packing a healthy food option so that you can stay on track.
- **Add healthy substitutes.** Substitute lentils for half (or all!) of the ground beef in tacos, pasta sauce, stews, etc. If you snack while watching TV, substitute pepper spears or edamame for popcorn or chips.
- **Add color to your diet.** Blue and purple foods, like blueberries and figs, are rich in antioxidants and can help protect your cells from damage. White fruits and veggies can lower cholesterol and blood pressure.

When you look at just how many different fruits and vegetables are out there – each with their own health benefits – getting your recommended servings each day is far from boring.

Share how you used food as medicine with **#UCIMDG2018** on social media to connect with fellow challengers!

Adapted from UC Health Plans.



THIS WEEK'S WEBINAR

- [Emotional Eating: The Connection Between Food and Mood](#)



THIS WEEK'S TIPS

- [Flyer \(PDF\): Food Can Be the Best Medicine](#)
- [Article: Integrative Medicine: Treating The Whole Person](#)
- [Article: Foods that Can Reduce Anxiety](#)



THIS WEEK'S RECIPES

- [Fiber Filled Whole Wheat Wrap](#)
- [Pumpkin and Steel Cut Oatmeal](#)



ADDITIONAL RESOURCES

- [Sign Up for a UCI Campus Recreation Cooking Class](#)
- [Try a Recipe from UCI Health](#)
- [Learn More About Sustainable Dining Efforts on the UCI Campus](#)
- [Learn More About the UC Diabetes Prevention Program Coming to UCI This Winter](#)



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