

# Be the Brand



## FEBRUARY UPDATE – VEGETABLES

### HAVE YOU SET YOUR GOALS FOR 2021?

January's challenge was to set one goal for food, activity and mind for the year ahead. Have you put them somewhere you can see them regularly to keep you motivated? Have you shared them with your team?

If you haven't set your goals yet, it's not too late. The goal setting sheet is saved in Centre Public: L:\Be The Brand2021 Wellness Program\Monthly Goal Setting & Tracking

### FEBRUARY CHALLENGE: HOW MANY DAYS CAN YOU GET YOUR 5 SERVES OF VEGGIES?

Attached is your goal setting and tracking sheet for February. How many days will you aim to get in your 5 serves of vegetables? What do you need to do to achieve this?

Use the calendar to record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

### SHARE WITH US & WIN!

Post on the employee Facebook page or email us about the focus of the month and go into the draw to win our monthly wellness prize!

### BENEFITS OF VEGETABLES

Vegetables really are nature's superfood, filled with antioxidants, fibre and an assortment of vitamins and minerals. Having a diet filled with plenty of fresh veggies not only helps maintain a healthy weight, it can also help to lower blood pressure and cholesterol levels and can help lower your risk of developing cancer, heart disease, stroke and type 2 diabetes.

While many of us know it's important to include veggies in our diet, a lot of us are missing the mark. By skimping on veg, you're at greater risk of nutrient deficiencies as veggies contain many necessary vitamins and minerals. Veggies are rich in folate and B group vitamins and a deficiency in these vitamins can cause fatigue, anaemia and an overall lack of energy. A lack of fibre may also lead to digestive issues, so ensuring you're getting enough veg is essential to promote good gut health and reduce constipation and tummy problems.

### WHAT IS A VEGETABLE SERVE?

The Australian and New Zealand Dietary Guidelines both recognise the importance of vegetables. A good aim to target is 5 serves of vegetables each day.

One serve of vegetables includes:

- ½ cup cooked vegetables or cooked legumes
- ½ cup canned vegetables/legumes
- 1 cup green leafy or raw salad vegetables.

### TIPS TO GET YOUR VEGGIES IN

Try to buy veg in season as it is cheaper and is often fresher and tastier. If you also struggle to eat enough veg, here are our tips to hit your target for the February Challenge:

- Chop vegetables ahead of time and store in airtight containers in the fridge.
- Always serve dinner with cooked veggies or salad – aim to fill half your plate.
- Add extra veggies to meals such as pasta sauce, casseroles and burger patties. This has the added benefit of making your meals go further as well.
- When eating out, swap your chips for salad or cooked veggies.
- Have a supply of canned and frozen vegetables on hand when you're pressed for time. They can be quickly added to meals and are a convenient and affordable option to have on hand.

### WELLNESS ACTIVITY IDEAS FOR FEBRUARY

Here's some ideas for activities you could do as a team or with family and:

- Grab a copy of Get Inspired and try out a new veggie based recipe (The Rainbow Noodle Stir-fry is delish!).
- Try cooking and experimenting with a vegetable you haven't tried before and share your experiences with you colleagues in your team meeting.
- Share your creative veggie recipes on the employee Facebook page.

Please make sure any wellness activities you plan are carried out in a COVID-safe way.

# February 2021

**FOCUS:** Vegetables

**CHALLENGE:** How many days can you get in your 5 serves of veggies?



**MY GOAL FOR THIS MONTH:** \_\_\_\_\_

**How will I achieve this?** \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. SET A SMART GOAL FOR THE MONTH	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13
14. VALENTINES DAY	15. REVIEW PROGRESS TOWARD YOUR GOAL	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.						

*Share your wellness achievements with us!*

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