

Belly Bliss

HEALTH YOURSELF May 2025 CHALLENGE

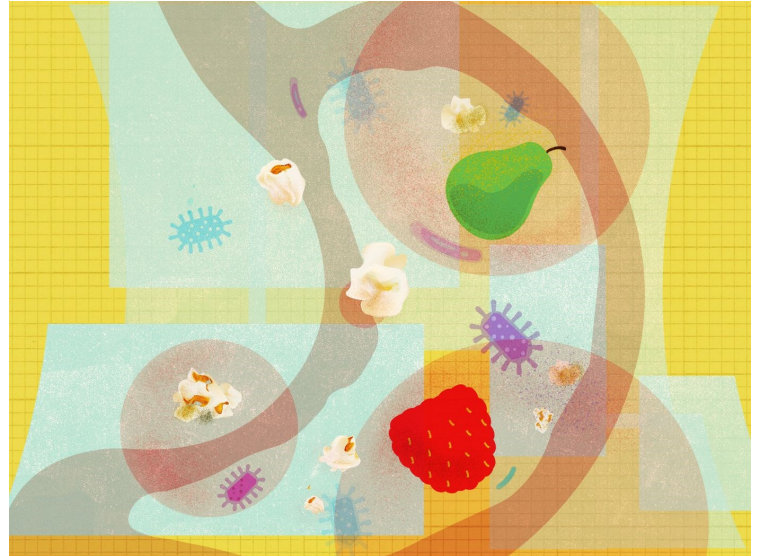
4/28– 5/25

4 weeks to a happier healthier gut

Think of the most important parts of your life. Now imagine how those areas could improve over the next four weeks if you felt energized, free from digestive discomfort, and in a better mood.

Did you know...

- Our guts have an entire ecosystem of trillions of bacteria to help keep us healthy called the microbiome.
- When we consume fiber-rich and fermented foods, sleep well, and get physical activity, we help feed the good bacteria that improves our gut function.
- A happy belly means less discomfort and has brain health benefits like improved mood and decreased anxiety. It also means you get to focus on what's most important to you.



How this challenge works:

- Use the following logs to track your belly bliss efforts. Incorporate 2-5 high fiber foods each day from the list provided, or your personal favorites. Use the purple circle to track these foods.
- Water intake and sleep help too! Aim to drink 4-6 cups of water and make time for 7-8 hours of sleep. Use the blue circles to track your water efforts (weeks 1 & 2) and sleep (weeks 3 & 4).
- Fermented foods can dramatically improve the bacterial profile of your microbiome. Aim to eat 1-2 of these foods daily and mark them in the orange circle.
- After completing all four weeks, send Jess Brown your challenge logs by May 31 using the upload link provided. Active participation in all four weeks will earn employees 15 Health Yourself points and put you in the running for prize drawings.



Belly Bliss Fiber Boost Foods

Fiber-rich foods have a mix of different fiber types.

- Some fiber helps keep stool moving in the large intestine.
- Other types of fiber help a person feel full for longer.
- **Start slow.** Avoid a less blissful experience by slowly adding more fiber to and allow your system to better acclimate to your increased fiber intake.
- **Drink fluids.** Some fibers work best when they absorb water, so for optimal belly bliss, increase your water intake with the fiber uptick.

Current dietary guidelines for Americans suggest that people age 2 and older get 14 grams of fiber for every 1,000 calories in the daily diet.

Fruits & Veg	Serving size (grams)	Total fiber (grams)*	Legumes, nuts, seeds & grains	Serving size (grams)	Total fiber (grams)
Green peas, boiled	1 cup (180)	9.0	Split peas, boiled	1 cup (196)	16.0
Broccoli, boiled	1 cup chopped (190)	5.0	Lentils, boiled	1 cup (198)	15.5
Brussels sprouts, boiled	1 cup (156)	4.5	Black beans, boiled	1 cup (172)	16.0
Potato, with skin, baked	1 medium (173)	4.0	Various white beans	1 cup (180)	13
Sweet corn, boiled	1 cup (157)	4.0	Chia seeds	1 ounce (28.35)	10.0
Cauliflower, raw	1 cup chopped (107)	2.0	Almonds	about 23 nuts (28.35)	3.5
Carrot, raw	1 medium (61)	1.5	Pistachios	about 49 nuts (28.35)	3.0
Raspberries	1 cup (130)	8.0	Spaghetti, whole-wheat	1 cup (151)	6.0
Pear	1 medium (178)	5.5	Barley, pearled, cooked	1 cup (157)	6.0
Apple, with skin	1 medium (182)	4.5	Bran flakes	3/4 cup (30)	5.5
Banana	1 medium (118)	3.0	Quinoa, cooked	1 cup (185)	5.0
Orange	1 medium (140)	3.0	Oatmeal, instant, cooked	1 cup (234)	4.0
Strawberries	1 cup (144)	3.0	Popcorn, air-popped	3 cups (24)	3.5
			Brown rice, cooked	1 cup (195)	3.5
			Bread, whole-wheat	1 slice (32)	2.0

Belly Bliss

MAY CHALLENGE

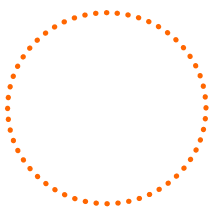
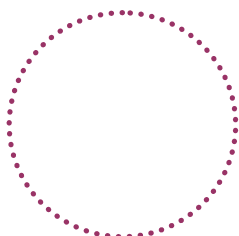
Week 1 Name: _____

Which fiber foods
did you eat?

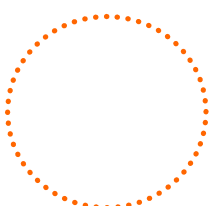
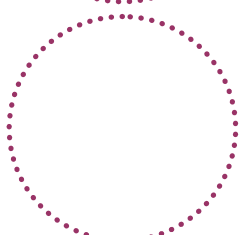
Water

1-2 fermented foods

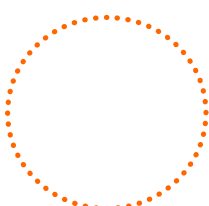
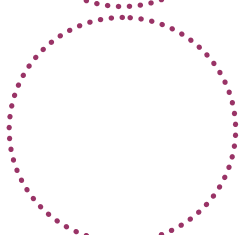
Mon
4/28



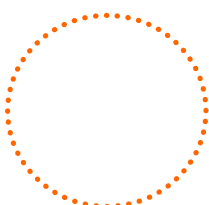
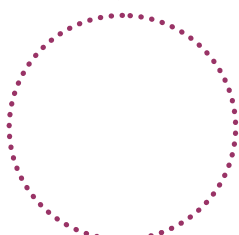
Tues
4/29



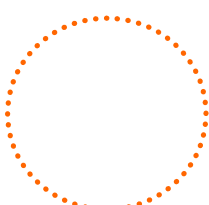
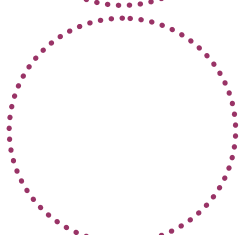
Wed
4/30



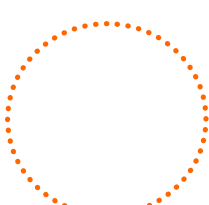
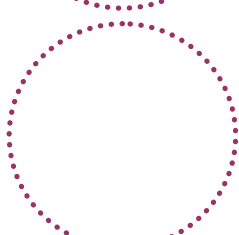
Thurs
5/1



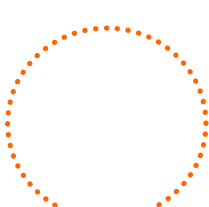
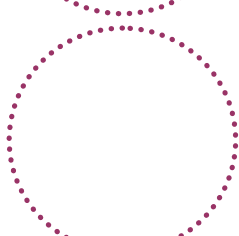
Fri
5/2



Sat
5/3



Sun
5/4



R

emember to try to eat 2- 5 high
fiber and 1-2 fermented foods
each day. Consider these ideas to
incorporate them:

- Start the day with a high-fiber breakfast– with whole grains or fresh fruit with yogurt
- Try a new-to-you legume
- Snack on nuts and seeds
- Add a side salad to dinner
- Enjoy some avocado with a meal or as a snack
- Enjoy a probiotic drink such as kefir or kombucha



BEANS
Per 100 g **FIBER 16 (g)**



ALMONDS
Per 100 g **FIBER 12 (g)**



AVOCADO
Per 100 g **FIBER 7 (g)**



RASP BERRY
Per 100 g **FIBER 6 (g)**

Don't forget to note how you feel,
since that is the real test of what
works for you!

Belly Bliss

MAY CHALLENGE

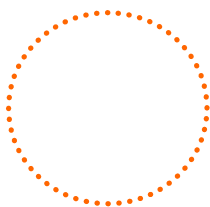
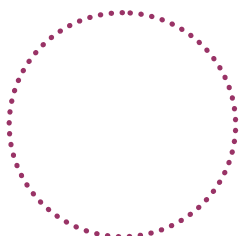
Week 2 Name: _____

Which fiber foods
did you eat?

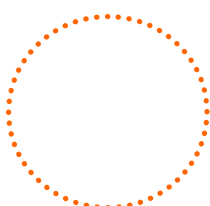
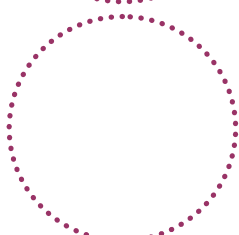
Water

1-2 fermented foods

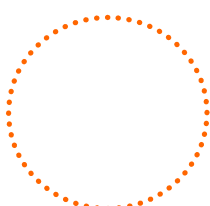
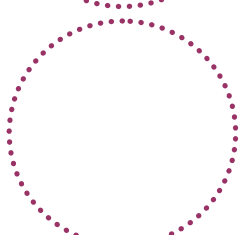
Mon
5/5



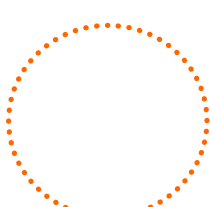
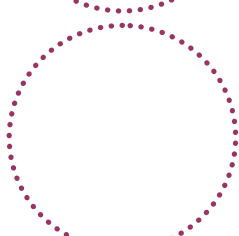
Tues
5/6



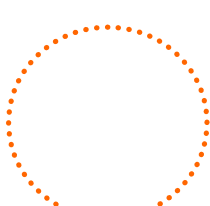
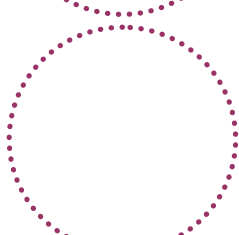
Wed
5/7



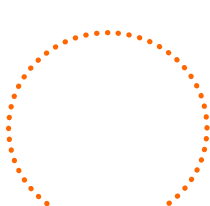
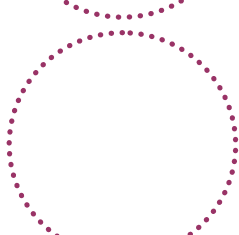
Thurs
5/8



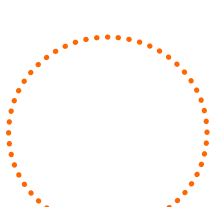
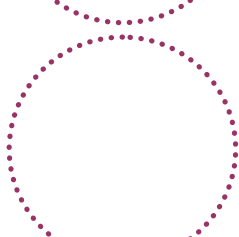
Fri
5/9



Sat
5/10



Sun
5/11



R

emember to try to eat 2- 5 high
fiber foods and 1-2 fermented
each day. Consider these ideas to
incorporate them:

- Start the day with at least one serving of veggies and a side of kimchi or fermented veg
- Enjoy a nut, bean, or yogurt-based dip or sauce– like hummus, Romesco, black bean, or tzatziki dip
- Snack on fresh fruit or veggies
- Include whole grains in your lunch– like quinoa, barley, brown rice, corn, and whole-grain breads



GUAVA
Per 100 g

FIBER
5
(g)



GREEN PEAS
Per 100 g

FIBER
5
(g)



KIWI
Per 100 g

FIBER
3
(g)



BROCCOLI
Per 100 g

FIBER
2.6
(g)

How do you feel?

Belly Bliss

MAY CHALLENGE

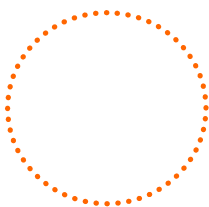
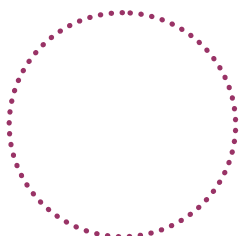
Week 3 Name: _____

Which fiber foods
did you eat?

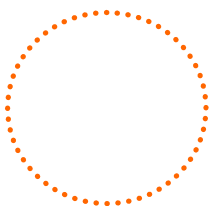
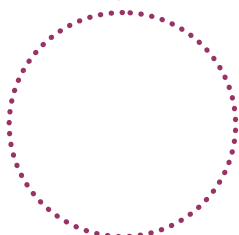
Sleep

1-2 fermented foods

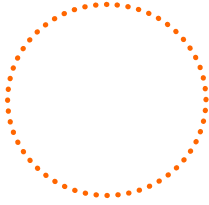
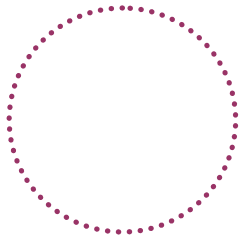
Mon
5/12



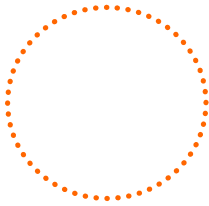
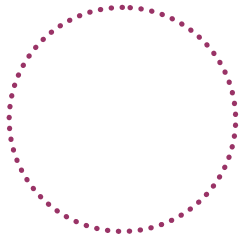
Tues
5/13



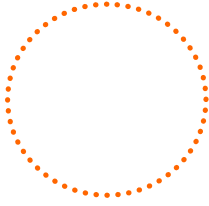
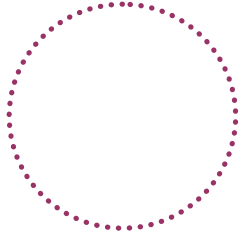
Wed
5/14



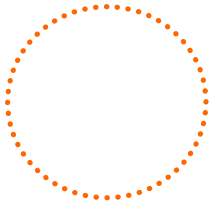
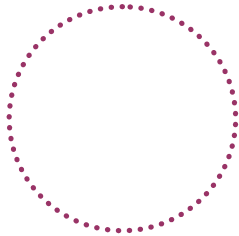
Thurs
5/15



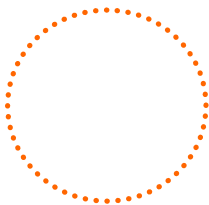
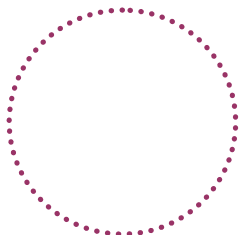
Fri
5/16



Sat
5/17



Sun
5/18



Remember to try to eat 2- 5 high fiber foods and 1-2 fermented each day. Consider these ideas to incorporate them:

- Snack on whole grain foods– like popcorn, or whole wheat pita with hummus
- Try a new grain– like rye, buckwheat, amaranth, bulgur, or millet.
- Enjoy a salad with legumes or berries for a meal today
- Make and enjoy your own veggie chips or fermented vegetables– like sauerkraut
- Find and cook a recipe that uses miso



FIBER
2.4
(g)



FIBER
2
(g)



FIBER
2
(g)



FIBER
2
(g)

How do you feel?

Belly Bliss

MAY CHALLENGE

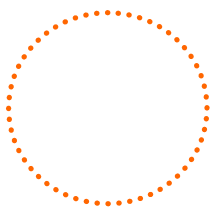
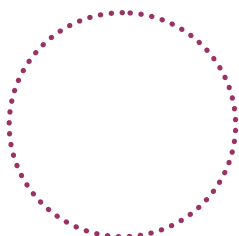
Week 4 Name: _____

Which fiber foods
did you eat?

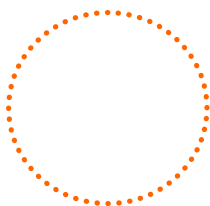
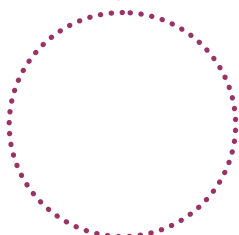
Sleep

1-2 fermented foods

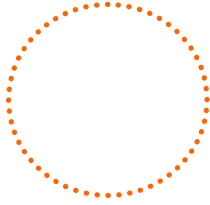
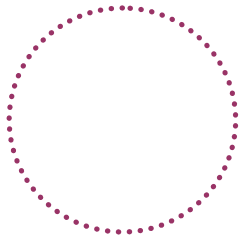
Mon
5/19



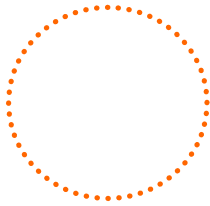
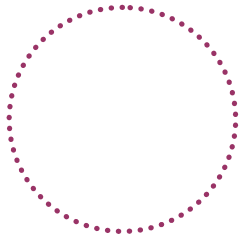
Tues
5/20



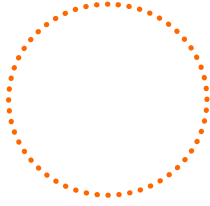
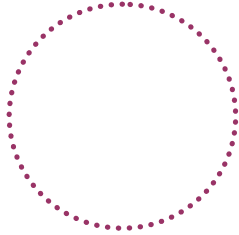
Wed
5/21



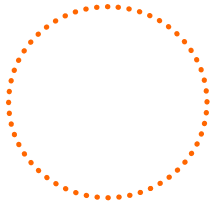
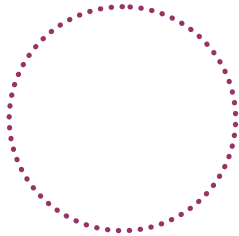
Thurs
5/22



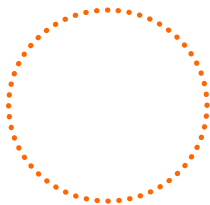
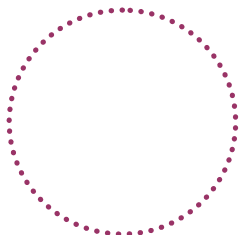
Fri
5/23



Sat
5/24



Sun
5/25



R

emember to try to eat 2- 5 high
fiber foods and 1-2 fermented
each day. Consider these ideas to
incorporate them:

- Start the day with a high-fiber breakfast– add oats, chia, or wheat bran to your smoothie, yogurt, or oatmeal
- Include 1-2 servings of veggies with lunch
- Enjoy some fresh fruit for dessert
- Try making something new with beans– like roasted chickpeas, a new soup, dip, or a baked good



BLACKBERRIES
FIBER 7.6 G.
PER CUP, RAW



LENTILS
FIBER 15.6 G.
PER CUP, COOKED



PEAR
FIBER 5.5 G.
PER MEDIUM FRUIT, RAW



LIMA BEANS
FIBER 13.2 G.
PER CUP, COOKED

How do you feel?

Congrats– you've completed our
challenge. Watch for the upload link to
turn in your logs by 5/31.