Frequently Asked Questions

I am on a special diet. Can I participate in the challenge?
If you are currently following a special diet as part of the treatment or management of a disease or condition, please speak with your doctor before participating in the Back to Our Roots challenge.

I am not receiving my Challenge e-mails.
Healthy IU sends Challenge e-mails and reminders via Qualtrics. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your HelpNet rep, if you are a HelpNet client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. If you do not receive your Personal Online Tracker on April 2, and it is not in your spam/junk folders, here is how to contact UITS or HelpNet for support:

- UITS support: https://uits.iu.edu/tech-help
- HelpNet (if you are a HelpNet client): https://helpnet.iu.edu/

Does this food count as a plant?
That’s entirely up to you! Back to Our Roots doesn’t have any strict rules regarding what counts or doesn’t count as a plant. Use your best judgement and set your own guidelines based on what works best for your personal goals.

How much of a plant do I have to eat for it to count? Does it have to be a full serving?
You don’t need to eat a specific amount or serving size for it to count. Even if you have just one almond or only a bite of an apple, you can still count it toward your weekly total.

I ate two different types of a plant. Does that count as one or two plants?
If you want to count different types of plants, you can use the blank spaces to fill in additional plants. The pre-populated lists of plant includes only broad categories of plants and not specific types. For example, you won’t see different types of lettuce or mushrooms listed, only “lettuce” and “mushroom.” Again, there aren’t any strict rules regarding how you count your plants, so do what feels right for you.
Does it matter if I choose organic, local, or seasonal plant foods?

Choosing organic, local, and seasonal plant foods has many benefits, but the Back to Our Roots challenge does not focus on these aspects of the plants you eat.

Can I get additional guidance on my diet and nutrition?

Yes! Full-time IU employees, and spouses on the employee’s IU medical plan, can meet with our Registered Dietitian at no cost. Just email askanrd@indiana.edu to schedule an appointment.