




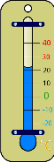















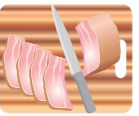












Have a Healthier Holiday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kick start the month of December by making the commitment to have a Healthier Holiday Season!!		1 Keep a food journal of your meals and snacks that you eat each day to help you stay on track 	2 Make one small change to decrease your daily intake by 100 calories 	3  FCS "Dine In" Day: Prepare and eat a healthy meal	4 Get a pedometer to see how many steps you take 	5 Make lean meat choices such as turkey breast 
6  Check your refrigerator temperature. Be food safe and keep below 40°F	7 Cranberries are in season and are a great source of vitamins and antioxidants 	8 Bring a healthy snack for lunch such as fruit or a salad. Use low-fat dressing 	9  Use new flavoring, found in fresh fruits and vegetables and seasonings instead of salt	10 Popcorn can be healthy especially if you get low fat and watch the salt 	11 Make sure some of the gifts you purchase are to help other's be active 	12 Get some exercise by participating in the Roxboro Christmas Parade 
13  Go outside and toss a football or baseball around	14 Prepare your lunch the night before so you don't run out of time 	15 Go to the grocery store and purchase some "new" MyPlate foods to try 	16  Drink at least 8 cups of water today	17 Try one of the "super foods" by having some blueberries 	18  Use smaller plates at holiday meals and only make one trip	19 Have a salad before heading out to the holiday party 
20 Bundle up and go outside for a walk at one of the local parks 	21 Instead of that morning coffee, try a 10 minute walk to wake up 	22 Try a new way of cooking. Grill or roast meat and veggies instead of frying 	23 Trim away the fat from the meats before cooking. 	24  Make healthy recipe substitutions as you prepare some of your holiday meals.	25  Slice thinner pieces of pie and offer with fresh fruit on the side	26 Start with a healthy breakfast. Eat at least 3 food groups 
27  While watching football, get up and move during the commercials	28 Try a new workout today and invite a friend to join 	29 Share restaurant meals or take part of it home 	30 Turn off the TV and electronics and do something with your family 	31  Make a healthy resolution with a friend and help each other stick to it	Developed by: Jennifer Brown, Family & Consumer Sciences (FCS), Person & Granville Counties 336-599-1195 jennifer.brown@ncsu.edu	

FOOD for Thought

