




Have a Healthier Holiday



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

FOOD for Thought



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