



December 2015

Nuts give you lots of Protein!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

Use snack time to add another half serving of fruit or vegetables.

2

Be fun and positive.

3

Teach your children about healthy foods from all the different food groups.

4

Raining outside? Turn up the music and dance inside.

5

Kids can take up to 12 times of exposure to a certain food before they will try it

6

Have a fresh salad or soup before you head out to that holiday bash

7

Cube cantaloupe melon and wrap with a thin strip of prosciutto for a healthy appetizer.

8

Cranberries are in season and a great source of vitamins and antioxidants!

9

Preschool is a time when of lifetime attitudes toward food are formed

10

Bundle up and go for a walk together.

11

The greatest influence on a child's health is their parents

12

Careful with the eggnog. 1 cup can be almost 350 calories

13

Try an ounce of nuts a day for some healthy oils.

14

Try spray butter for your dinner rolls and veggies.

15

Try eating meatless meals on Mondays this December.

16

Try substituting a few healthy ingredients in your favorite recipes.

17

Make cocoa for a cozy drink for the kids with low fat or nonfat milk.

18

Take stock of last year and resolve to do better, love more and live healthier.

19

Increase activity by taking stairs instead of the escalator or elevators

20

Take a break from the stress of family togetherness for a brisk 10-minute walk

21

When serving pie, slice thinner pieces and offer with fresh fruit on the side

22

Slice a kiwi fruit in half and teach your child to use a spoon to scoop it out.

23

Children need a healthy snack between meals.

24

Find a family activity and have fun!

25

Kids learn from their parents' habits. Be a great role model for healthy eating.

26

Children are more accepting of a new food if they've learned about it first

27

Eat meals together as a family.

28

Turn off the TV and play some family games.

29

Raining outside? Turn up the music and dance inside.

30

Try an ounce of nuts a day for some healthy oils.

31

Decorate the table with the colors from veggies and fruits.

