

November 2013



Sunday

Monday

Tuesday

Wednesday

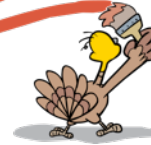
Thursday

Friday

Saturday



HAPPY THANKSGIVING



1

Use vinegar and olive oil for a healthy salad dressing.

2

For chocolate lovers, eat antioxidant-rich, heart-healthy, organic dark chocolate

3

Try some figs! Find a great recipe and have the kids help.

4

Select your cold foods last so they'll stay cold until you get home and prevent food illness

5

Parsnips are sweet and are a good source of fiber.

6

Read food packages carefully. Don't be fooled by marketing claims.

7

Prevent choking accidents, do not allow children to play or run while eating

8

Arrange food in a fun way on the plate.

9

Kids' need Vitamin D to keep bones strong and fight disease.

10

A pomegranate is high in vitamin C and potassium.

11

Enriched grain and dark green, leafy vegetables are high in iron

12

An average of only 1 in 6 people washes their hands after using the restroom.

13

It is important to look at the serving size on the nutrition label.

14

Praise children when they are active.

15

Make a funny face out of fruits and vegetables for a cute snack.

16

Keep a physical activity chart on your refrigerator.

17

Let the kids enjoy pomegranates this fall.

18

1/4 cup of dried cranberries counts as a serving of fruit.

19

Make gravy with broth this year.

20

Try substituting nonfat plain greek yogurt for sour cream.

21

Add a few extra fruits and vegetables to those holiday recipes.

22

Have the kids help pick the fruits and veggies for Thanksgiving.

23

Teach kids to eat slowly and enjoy their food.

24

Take your children to the grocery store to help you shop for food.

25

Make half your plate fruits and vegetables.

26

Go for a brisk family walk.

27

Children like things that are familiar. Repeat favorite activities often.

28

Happy Thanksgiving Day! Start off your holiday with some exercise.

29

Serve pancakes using cookie cutters and decorate them with fruit.

30

Pick a song and dance.



Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, and tips!

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