



# July 2009



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

Wash fruit the night before so they'll be ready for a healthy afternoon snacks.

2

Try making the kids a honeydew smoothie with non-fat yogurt and crushed ice.

3

Lean cuts of beef have the words, "round" or "loin" in the name.

4

Bring a healthy side dish of grilled asparagus or broccoli with salsa to the 4th of July Barbecue

5

During dinner, talk about fruits and vegetables and find out what is the family favorite.

6

Choose lean-meats and fat-free hot dogs on whole grain buns

7

Sauces such as low sodium soy sauce, rice wine vinegar, wasabi, or ginger are healthy choices.

8

Skip the chips at snack time and serve celery with peanut butter.

9

Brown rice or whole-wheat pastahas more nutrients and fiber than their white counterparts.

10

Jazz up the taste of vegetables with low-fat dressings or dips.

11

Show your child how to make healthy choices when you are on the run.

12

Discourage older children from making yucky faces or negative comments about unfamiliar foods.

13

Get active – it's summer! Just 30 minutes a day

14

Most restaurant entrees are enough for two people to eat.

15

Try hummus or bean spread as a dip for veggies.

16

Look for fruit packed in its own juices or light syrup.

17

There are flavored water with zero calories that are better options than high sugared flavored drinks.

18

Doing laundry, gardening, walking with the dog all count as being active.

19

Let your child choose a new vegetable to add to soup.

20

Let your kids make faces with the fruit before eating!

21

Get a cherry pit remover and let the kids have fun with the cherries.

22

Wash cuts with soap and water and place bandages on them right away.

23

Make sure the family knows how to properly wash their hands.

24

Salads are a good way to introduce new foods to your child.

25

Think of snack time as mini meals rather than "junk food" time.

26

For younger kids, use smaller bowls and plates to help with portion control.

27

Grab a friend and challenge each other to walk a little farther

28

One cup of flavored milk is a good source of protein and calcium.

29

Scrub the cantaloupe before slicing into it to prevent bacteria contamination.

30

High fiber diets are great to help maintain or lose weight for the whole family.

31

Put rinsed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.

