

HAPPY
THANKSGIVING



November 2009



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Offer your kids a fun outing by taking the bag of sweets to your local fire department.

2

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

3

Flu season is here Remind kids to wash their hands for 20 seconds

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

Provide 100% fruit juice and be careful of 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

Keep a physical activity chart on your refrigerator.

16

This Monday keep an eye on cholesterol.

17

Let the kids enjoy pomegranates this fall.

18

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

19

Make gravy with broth this year.

20

Make holiday cooking healthier by making a few adjustments to the recipe

21

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

22

Trans fats are often found in commercial baked goods and snack foods.

23

Teach kids to eat slowly and savor their food.

24

When baking try using nonstick spray instead of butter or oil.

25

Try an apple pie instead of a pecan pie this Thanksgiving.

26

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

27

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

28

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

29

Serve pancakes using cookie cutters and decorate them with fruit.

30

Dance a waltz, swing, salsa or tango with the kids to shed unwanted pounds.



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

Copyright © Nourish Interactive, All Rights Reserved