



# KidStriders Nutri-Thon™

## December: Happy Holi-"DAZE"



As your family prepares for the holiday season, take a moment to appreciate what it is that brings your family together during times of celebration. We all have traditions that are special to our families during times of celebration. Often those traditions revolve around special foods that maybe don't necessarily fit into our healthy lifestyle choices. It can also become easy to let the hectic holiday season get in the way of eating right and physical activity. It doesn't have to be that way though. Make some new traditions that can fit in with the old that will support a healthy lifestyle!



### DO YOU "OREGANO" THIS?

- Remember the messages of MyPyramid.gov that we talked about in November? To make half your grains whole (to increase fiber intake); vary your veggies; focus on fruits; get your calcium-rich foods (choose low or non-fat products to promote bone health); and go lean with protein (choose lean products to keep fat intake down)? They still apply during the holiday season.
- You can use the holiday season as an opportunity to try a new food or activity. How will you know if you like something new unless they give it a try?
- Since a lot of cooking is usually done during the holidays, this is also a good time to try a new low-fat fruit or vegetable recipe. Experiment with favorite family recipes to see if they can be made just a little bit healthier.
- Holiday sweets are fun and yummy, but remember to practice moderation — don't overdo it.



### TAKE "THYME" TO DO SOME READING:

Not only your holiday favorites, but how about a book about other cultures and other holiday traditions?



### Table Talk

### Use these ideas as conversation starters at the dinner table:

- Talk about the holidays and customs important to your family and culture. How does your family celebrate? What foods are a part of that tradition?
- Talk about holidays and customs that various other cultures celebrate. What types of foods do you think they use to celebrate? Which of those would be fun to try?
- Talk about how various foods became a holiday tradition in your family. Are there any that could be made healthier?
- Are there any physically active games that you like to play during the holidays? Are there some that you could make up to add to your holiday traditions?
- Encourage everyone to suggest a new holiday dish with the Food Pyramid in mind. Talk about how your dish can contribute to your holiday meal in meeting the My Pyramid recommendations that you learned about in November.

## THE GOAL:

Discover the traditions of friends and family and learn how not to lose sight of our healthy goals at times of celebration.



## PICK YOUR CHALLENGE:

- During a family gathering, spend some time sharing stories about family traditions. Encourage everyone to talk about traditions related to foods or physical activity (such as dance or a favorite outdoor game).
- Start a new tradition by including some healthy food options at holiday parties and gatherings.
- Instead of baking candies, cookies, and pies, try some new recipes for desserts that are lower in fat and possibly even include some fruits (or at least add them to your standard list of goodies).
- Try a food you've discussed that is from a different culture than yours.
- Make homemade healthy holiday gifts for family and friends like granola & snack mixes. You can find lots of ideas online.



# December 2009

## Happy Holi-"DAZE"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WE HOPE YOU CHOOSE TO MAKE HEALTHY FOOD AND PHYSICAL ACTIVITY CHOICES EVERY DAY, BUT WE'VE LISTED SOME HERE IN CASE YOU NEED SOME IDEAS.</p>		1	2 Make a plan to stay active throughout the month.	3	4	5
6	7 Set a goal to try one new food this month.	8	9	10	11 Ask your friends how they celebrate the holidays with food and activities.	12
13	14	15	16 Ask parents, guardians, &/or grandparents how they celebrated the holidays when they were your age.	17	18	19
20	21 Are you remembering the food guide pyramid?	22	23 List all the foods you eat during the holidays.	24	25	26
27	28 Watch your sweets intake (no more than 1 a day)	29	30	31	<p><b>"FIT" THIS IN:</b></p> <ul style="list-style-type: none"> <li>*Build a snowman</li> <li>*Help shovel the snow</li> <li>*Bundle up for a walk.</li> <li>*Turn on your favorite holiday tunes and dance</li> </ul>	