

NOVEMBER



Building a Healthier WSD

A MENU FOR GOOD HEALTH

Help your family get on the road to health. Eating right and being active every day is important for energy balance. Choose a different "Energy In" and "Energy Out" tip each week for you and your family to try.

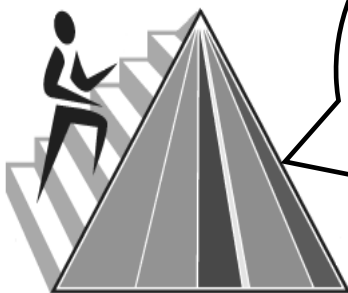
Food = ENERGY IN

- Serve food portions no larger than your fist.
- Eat off smaller plates.
- Look for "grilled" or "baked" items when you dine out.
- Skip second helpings.
- Ask for salad dressing "on the side."
- Choose a checkout line without candy.
- Serve water or low-fat milk at meals instead of soda or sugary drinks.
- More carrots, less cake

Activity = ENERGY OUT

- Walk faster.
- Pace the sidelines at kids' athletic games.
- Play with your kids 30 minutes a day.
- Dance to music.
- Take the stairs whenever you can.
- Walk to a co-workers desk rather than emailing or calling them.
- Buy a set of hand weights and play a round of "Simon Says" with your kids.
- Sit up straight at work.

MyPyramid says be active every day and eat from the food groups - whole grains, fruits, vegetables, lean meats, and low-fat dairy



Donate Healthier Options during the Holiday Season

During the Thanksgiving season many organizations within our community host food drives to collect food for those in need.

This Thanksgiving remember healthy, non-perishable foods from MyPyramid when you donate to a food drive. These can be:

- Whole grain cereals, oatmeal
- Canned fruits and vegetables
- Canned or dry beans, peanut butter