

MAY 2018

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Browse the links below to learn more about healthy eating on a budget and meal planning.

2

Choose foods with higher water content today. Try swapping your raisins with fresh grapes.

3

CHECK YOUR FRIDGE TEMPERATURE TODAY.

4

Find a nutrition tracking app or guide today.

5

Plan your meals for the next week and make a shopping list today.

6

Grocery shop today on a full stomach to avoid impulse buys on unhealthy snacks.

7

Today plan to thaw all food in the refrigerator or quick thaw in cold water.

8

HIT YOUR FIBER GOAL OF AT LEAST 21 GRAMS TODAY.

9

Enroll in a class that will make it easier to eat healthy.

10

Try making a smoothie as a quick breakfast today.

11

Swap beans, chickpeas, mushrooms, lentils, or tofu for the meat in your meals today.

12

Eat with the TV off during dinner tonight to prevent distracted overeating.

13

Mother's Day

Practice putting all leftovers in the fridge within 1-2 hours.

14

Find and cook a new healthy recipe with a friend or your family today.

15

Swap soda and juice for water with sliced cucumber and lemon today.

16

Gather any leftover veggies from your fridge and make a healthy stew.

17

Eat an orange or apple instead of drinking orange juice or apple juice.

18

Track and limit your sodium and salt intake today.

19

Try meal prepping this weeks lunches today, freeze portions for microwave reheating during the week.

20

Have some airpopped popcorn as a whole grain fiber-filled snack today.

21

GO TO BED 30 MINUTES EARLY TONIGHT.

22

Try a handful of kale or spinach in a smoothie today.

23

Practice checking doneness of meat with a meat thermometer tonight.

24

Try grilled or roasted foods instead of fried foods today.

25

DRINK A GLASS OF WATER BEFORE MEALS TODAY.

26

Choose leaner cuts of meat for dinner tonight.

27

Plan to start a garden for fresh fruits and veggies.

28

Memorial Day

Try a fermented food like sauerkraut or kimchi today.

29

PREPARE A VEGETABLE IN A NEW WAY TODAY.

30

Use separate cutting boards and knives for meat and vegetables.

31

Reach out to a friend, family member, or co-worker to keep you on track with healthy eating today!

<https://www.choosemyplate.gov/budget>

https://www.cdc.gov/healthyweight/healthy_eating/meals.html

<https://recipes.heart.org/categories>

MAY 1 Investing a small amount of time learning health information and finding useful tools will make it easier to practice healthy behaviors.

MAY 2 Foods with higher water content help with hydration and feeling full. A grape and raisin have the same amount of calories, but serving sizes of raisins are much smaller!

MAY 3 40 degrees is the right temp to keep food safe and fresh.

MAY 4 Tracking your eating can help you make smarter choices and help you notice any patterns like high sodium on spaghetti night.

MAY 5 Planning meals ahead of time makes it easy to choose healthier options. Try using the “grocery gameplan worksheet” on choosemyplate.com

MAY 7 Thawing in the refrigerator or cold water quick thawing keeps dangerous bacteria from multiplying in food. Never thaw foods overnight on the counter!

MAY 8 Fiber helps to keep you full, can lower cholesterol, and aids in digestion. Fresh fruits and veggies are a good choice.

MAY 11 Plant-based proteins are usually lower in fat and cheaper than Meat.

MAY 13 Placing leftovers in the fridge immediately once they have cooled will help to prevent food poisoning. Make sure this happens within 2 hours or 1 hour if there are hot temperatures outside.

MAY 17 Fruit juices are much higher in sugar per serving than the whole version of the fruit they are made from. There are 9 grams of sugar in 1 orange vs. 21 grams of sugar in 8 oz of orange juice. Juices also lack the fiber of whole fruits!

MAY 18 Sodium hides in processed foods like lunch meat, fast food, and canned soups. Too much sodium can lead to high blood pressure. The American Heart Association suggests 1500-2400 mg per day for most adults.

MAY 20 Air-popped popcorn is low calorie and whole grain. You don't need an air-popper either, just use the brown paper bag method. All you need is popcorn kernels, a microwave, and a brown paper bag! Try adding black pepper for flavor.

MAY 21 Tiredness can lead to overeating during the day and craving sugary foods.

MAY 22 Smoothies are a great way to increase fruit and vegetable intake. Try using a banana and low-fat milk or soymilk as a base and try not to add any sugar or artificial sweeteners. Leafy greens like kale or spinach can easily be added without changing taste.

MAY 23 Dangerous bacteria is killed in meat at the following temperatures: poultry 165* beef and pork 145*

MAY 26 Choosing extra lean ground beef instead of regular can make a real difference in calories and fat. Lower fat meats are better for your heart.

MAY 27 Local classes like “seed to supper” and the “Achieve, Conquer, Thrive program” teach skills like gardening and long-term lifestyle change.

MAY 28 Fermented foods are a healthy way to add flavor to meals and contain probiotics that are good for overall health and digestion.

MAY 29 Trying new methods to prepare vegetables will make eating healthy fun. The American Heart Association Website is filled with great healthy recipes.

MAY 30 Cross contamination in the kitchen can be dangerous. Practice keeping meat and veggies in separate areas. Meats need to be cooked to certain temperatures to kill dangerous bacteria. If the veggies become contaminated, chances are they will not be cooked as long or at as high of temperatures as the meat. Use separate knives and cutting boards to stay safe!