

# A Healthy Year

- January ● Switch from whole milk and dairy products to low-fat or nonfat milk and **dairy** products.
- February ● Increase your intake of fruits to 2-3 servings a day. Make it as easy to reach for a piece of fruit with a bowl on the counter.
- March ● Increase your intake of vegetables to three to five servings a day. 3 to 4 times a week
- April ● Instead of high-calorie snacks, choose foods like whole-grain crackers, low-fat popcorn, whole-grain crackers, fruits, and veggies.
- May ● Reduce your intake of saturated fat and cholesterol by eating at least one meatless meal each week.
- June ● Limit your intake of sodium. Choose "low salt" or "no salt added" versions of foods.
- July ● Reduce your intake of fat by limiting fried foods to once a week or less.
- August ● Boost your fiber intake by starting the day with a bowl of high fiber cereal with at least 4 grams of fiber per serving.
- September ● Reduce your risk of osteoporosis by including good sources of calcium in your diet.
- October ● Eat fish at least twice a week. Fatty fish, such as salmon, mackerel, trout, sardines, and herring contain omega-3 fatty acids.
- November ● As the holiday season approaches, begin practicing low-fat cooking techniques.
- December ● Try to maintain your weight by sticking to a consistent exercise schedule and limiting high-calorie foods.

