

EAT WELL, AGE WELL.

Monthly Tracking Calendar: Healthy Holiday Meals

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT AT LEAST ONE SERVING OF VEGETABLES WITH YOUR MEALS WHEN POSSIBLE.

WEEK 2: TRY TO SWAP REFINED GRAIN INGREDIENTS WITH WHOLE GRAIN IF POSSIBLE.

WEEK 3: ENJOY YOUR FAVORITES BY EATING SLOWLY AND SAVOR THE SERVING PROVIDED.

WEEK 4: AVOID OR LIMIT ALCOHOL. WHEN HAVING AN ALCOHOLIC BEVERAGE, TRY TO HAVE IT WITH FOOD.

Complete the Weekly Challenges for overall better health. Take the challenge!