



ChallengeME MONTHLY MINUTE

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Monthly topic:

Healthy Eating

12 TIPS FOR A HEALTHIER HOLIDAY

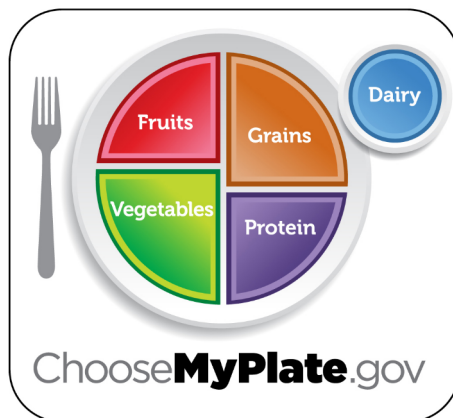
The average Thanksgiving meal packs about 3,000 calories (eek!) and 229 grams of fat (argh!), according to the American Council on Exercise (ACE). But fret not! Revamp your typical Turkey Day routine with these following tips to make this holiday your healthiest one yet!

1. Kick your exercise routine up a notch the week before
2. Put the 'Thanks' back into your Thanksgiving - be thankful!
3. Put the 'Give' back into your Thanksgiving - volunteer or donate!
4. Don't forget a hearty and healthy breakfast (don't "save" your calories)
5. Try to relax - Ask for (or to) help with the hostess responsibilities
6. Revamp your menu by making smarter choices and eat the good (healthy) foods first
7. Mind your portions - Try half a plate of veggies & fruit, a whole-wheat roll, a quarter plate of potatoes, and a quarter plate of turkey or ham
8. Stick to just one dessert - and no seconds!
9. Stick to one or two low calorie alcoholic drinks, max - Hydrate with water instead
10. Take the football game outside for some exercise
11. Burn off those extra calories with a brisk family walk after dinner
12. Beware the angst caused by Black Friday shopping - Budget ahead of time and consider shopping online instead

MyPlate

The Newest USDA Guidance

Did you know the 1992 Food Guide Pyramid was replaced by MyPyramid in 2005 and later by MyPlate in 2011? MyPlate represents the current USDA guidance. MyPlate is designed to help consumers make better food choices and remind Americans to eat healthfully. Check out the MyPlate Plan - a personalized food plan - at www.choosemyplate.gov/MyPlatePlan



Find your healthy eating style and maintain it for a lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future:

Make half your plate fruits and vegetables. Eat a variety of colorful vegetables and focus on whole fruits. Make half your grains whole grains. Move to low-fat or fat-free milk or yogurt. Vary your protein routine. Start with small changes.

Are You an Emotional Eater?

Emotional eating is the use of food to make yourself feel better, rather than to satisfy physical hunger. You might use food as an emotional coping mechanism when you're bored, stressed, or upset.

Do you need to eat a very specific food?	Do you keep eating after you've eaten a meal?	Do you feel guilty after eating?
Do you eat fast?	Do you eat immediately after an emotional event?	Did your hunger come on suddenly?

If you answered yes to any of these questions, you might be an emotional eater. In order to stop emotional eating, you must find other ways to fulfill yourself emotionally. **Depressed or lonely?** Try calling a friend or playing with a dog or cat. **Anxious?** Dance or take a brisk walk. **Exhausted?** Have a hot cup of tea or wrap yourself in a warm blanket. **Bored?** Read a book, find a hobby, or watch a show.

This Month

- 10th: Augusta Arts and Crafts Show
- 15th: Great American Smokeout
- 17th: Maine Harvest Festival, Bangor
- 21st: Living Resources Program Mindfulness Webinar
- 22nd: Thanksgiving Day Saco Turkey Trot 10k or 5k Turkey Trot 4 Hope, Norway
- 23rd: Black Friday
- 26th: Lunch & Learn - 11:30-12 Jazzing Up Your Lunchbox

Holiday Spending

Black Friday is right around the corner. Avoid the financial "Holiday Hangover" by setting realistic spending limits, making gift shopping lists, avoiding impulse purchases, and deciding when and where to shop ahead of time!



Coming Up December: Stress, Time Management

Comments, questions, ideas, or submissions?
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