

December Daily Health Announcements



<p>Building Healthy Communities hopes you had a wonderful Thanksgiving! Did you help cook anything? Cooking and eating with your family can help you all make healthier food choices!</p>	<p>Did you know music can help energize us? It may be getting colder outside, but we can be active inside! Try having a dance party to get your heart pumping!</p>	<p>Fiber helps your body digest food and helps us feel full. Fiber is found in fruits, vegetables, and whole grains.</p>	<p>Grains are important for giving our bodies energy and making us feel full! Remember to choose whole grains to have lasting energy and to feel fuller longer!</p>	<p>Did you know that certain types of fats in the dairy and protein food groups help your body build healthy nerves and fight off disease? These are healthy fats for our bodies!</p>
<p>There are more than 100,000 miles of blood vessels in your body! If you put them together, they could reach around the earth 4 times! Keep them healthy by choosing healthy fats to eat!</p>	<p>Did you know peppers come in 6 different colors? It's one of the most colorful vegetables as they grow green, yellow, red, orange, purple and even white! Remember eating a variety of colors helps our bodies in different way!</p>	<p>Did you know the average American consumes almost 25 gallons of milk a year? Dairy foods help us grow our muscles, bones and teeth to be strong!</p>	<p>Sharing health information with friends or family can help them become healthier too! Have you learned anything new recently that has changed how you choose to be healthy?</p>	<p>When we choose our grain foods, we should choose whole grains! Look for the whole grain stamp on your grain packages!</p>
<p>Do you ever get tired of drinking plain water? Try adding something to it to make it more exciting, fun and tasty! Try adding fruits or vegetables, like cucumber, strawberries, or lemon! Herbs taste good too, like basil or mint! Even just ice cubes can make water more appealing!</p>	<p>Did you know Building Healthy Communities has helped kids feel less worried, less angry and less forgetful? When we are healthier, we also feel better! Choosing the right foods and staying active improves our mood!</p>	<p>Serving size refers to the amount on the food label. This will vary, making it important to look at food labels because they tell you how many calories and nutrients are in one serving. But a package could have several servings!</p>	<p>Desserts are fun to eat, but don't provide the nutrients our body needs. It is best to keep desserts for special occasions, like a birthday or celebration. If you have dessert, be mindful and have a small portion!</p>	<p>You will have lots of time to be active over winter break! Try a fun winter activity like ice skating, playing hockey, snowboarding, sledding or skiing for a fun way to be active! Try building a snowman family!</p>

Enjoy your winter break!

Social media graphics for the month of December can be found [here!](#)