

5210 December

FEATURE: How to make healthier holiday choices

Here's how you can put 5-2-1-0 into action this month:

HELPFUL HOLIDAY TIPS:

Start with portion size

Make sense of food portions with this kid-friendly [GUIDE](#).

Skip the sweets at snacktime

Reach for [HEALTHY SNACKS](#) instead of leftover holiday treats.

Give your plate a makeover

To find 8 easy ways to give your plate a holiday makeover, [VISIT MyPlate](#).

SPREAD THE WORD:

Post these messages to your favorite social media platform:

Make your holiday plate more colorful with veggies! #HealthyChoicesCount

We're making #HealthyChoicesCount this holiday season by choosing fruit for dessert.



ACTIVITY: Wear a 5-A-Day Bracelet

Meat and sweets are popular during the holiday season, but it is still important to eat 5 fruits and veggies every day!

HOW IT WORKS: Start with 5 bracelets on your RIGHT wrist. Each time you have a serving of fruit or vegetable, move ONE bracelet to the LEFT wrist.

THE GOAL? Have all 5 bracelets on your LEFT wrist by the end of the day!

[5-A-DAY BRACELETS](#) aren't just for kids. Parents and teachers can wear them too!

