JANUARY
Start with a plan that is gradual, high in fiber, and high in nutrients.

FEBRUARY
Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.

MARCH
Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.

APRIL
Fill half your plate with fruits and vegetables at each meal.

MAY
Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.

JUNE
Celebrate Fruit and Vegetable Month with extra fruits and vegetables.

JULY
Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.

AUGUST
Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out www.choosemyplate.gov

SEPTEMBER
Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.

OCTOBER
Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.

NOVEMBER
As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.

DECEMBER
The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.

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JOURNAL so you look back over the year, and the healthy new habits you have developed for years to come.