

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1> <h2>2023</h2>			<b>1</b> <i>"You will never win if you never begin."</i> — Helen Rowland This month's all about winning at health. You've got this! 	<b>2</b> Rich in vitamins, minerals and antioxidants, pumpkin is a healthy addition to your fall menu. Try adding pumpkin puree to your soups and stews. 	<b>3</b> Bulk cooking is best when time gets tighter this month. Prepare a few healthy dinners each Sunday to get through the week. You'll have tasty meals ready to go with less stress! 	<b>4</b> As the pumpkin lattes start popping up in coffee shops, skip the extra-sugar versions and create a healthy one at home. See next day for recipe. 
<b>5</b> 6 oz of coffee, plus: 1 cup unsweetened almond milk 1 Tbsp pumpkin puree 1 Tbsp vanilla extract 1 Tbsp agave syrup ¾ tsp pumpkin pie spice Mix, sip and enjoy! 	<b>6</b> Football season is here! Instead of burgers, go for grilled chicken sandwiches. Swap out chips with dip for veggies and hummus. These two simple swaps can save you 250 calories! 	<b>7</b> <b>It's Diabetes Awareness Month!</b> Check out these <a href="#">tips and guides</a> to improve your blood sugar and keep you feeling your best. 	<b>8</b> Fresh salsa in the fall! Blend 1 can diced tomatoes with green chiles, ½ a small onion, ½ a jalapeño, lime juice, garlic, cilantro, honey and a few spices for 30 seconds and enjoy! 	<b>9</b> As the holiday season kicks in, identify the positives in your life or make a gratitude list. Do not let the commercialized happiness get you down. 	<b>10</b> Lighten up the lasagna! Simply slice zucchini lengthwise to resemble lasagna noodles. Blanch zucchini in boiling water for 5 minutes. Let drain on paper towels and assemble as usual. 	<b>11</b> <b>Happy Veterans Day!</b> <i>"A hero is someone who has given his or her life to something bigger than oneself."</i> — Joseph Campbell 
<b>12</b> Survey the Thanksgiving buffet before filling your plate. Decide to eat reasonable portions of the foods you love. Don't waste your calories on foods you can have all year long. 	<b>13</b> Use healthy ingredients this holiday season. Almost any recipe can be made more healthfully. Food should be festive, fun and energizing! 	<b>14</b> Step away that cold-weather-induced fatigue! According to one study, people who walked more felt less fatigued. 	<b>15</b> Don't save up your hunger! Have a healthy snack or small meal before a holiday event to control your appetite. 	<b>16</b> <b>Diabetes Awareness Tip</b> Due for your routine eye exam? Diabetes can increase your risk for common eye conditions. Here are <a href="#">some tips</a> to help you prepare for your visit. 	<b>17</b> While the sofa may look inviting after a holiday meal, opt for taking a walk or doing an activity that will keep you up and energized. Plan ahead for next week! 	<b>18</b> Prepare a homemade meal (or two). Studies suggest those who frequently cook at home consume fewer calories when they eat out. 
<b>19</b> Go easy when adding nuts, cheese, cream sauces, gravy and butter. A little goes a long way for taste. 	<b>20</b> <b>Diabetes Awareness Tip</b> Give your teeth some TLC! Proper care of teeth and gums can help prevent mouth problems linked with diabetes. Find out more <a href="#">here</a> . 	<b>21</b> Traveling? Try to avoid quick-fix airport meals, high-fat in-flight snacks and roadside grabs. Pack and carry your own healthy snacks wherever you go. 	<b>22</b> This festive season, swap eggnog for hot cider to cut your holiday beverage calories by more than half. 	<b>23</b> <b>Happy Thanksgiving!</b> <i>"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."</i> — W. T. Purkiser 	<b>24</b> <b>Day After Thanksgiving</b> Make a healthy soup with leftovers. Heat up a low-sodium veggie broth. Add bite-size turkey pieces, green beans, corn and spices. Simmer 5-8 minutes. Yum! 	<b>25</b> Healthy food prep swap: Sweet Potato Casserole (½ cup) = 300 calories Baked Yams With Cinnamon (½ cup) = 80 calories — a 220-calorie savings! 
<b>26</b> Healthy dessert swap: Pecan Pie Slice = 500 calories Pumpkin Pie Slice = 275 calories — a 225-calorie savings! 	<b>27</b> Pre-meal prep tips! Use a smaller (8-10 inch) plate for your main course. Drink a glass of water about half an hour before your meal to help you eat less. 	<b>28</b> Sparkling water or soda water is the perfect way to cut calories from party cocktails. Swap out half of the juice, sugary soda or fruity mixer with sparkling water for half of the calories! 	<b>29</b> It can be hard juggling sleep and social events during the holiday season. But poor sleep can increase appetite. So try for at least 7-8 hours of shut-eye. 	<b>30</b> Keep the healthy momentum going throughout December. You can get a jump-start on your New Year's resolutions! 		