

New Year's Resolutions to Nourish Your Family!

Simple changes to your family's diet can create great benefits for their health. Strive for at least two of the changes below to help keep your family healthy and happy through the New Year.

- Try baking or roasting instead of frying to reduce the amount of fat in your diet.
- For added fiber and to help reduce your family's cholesterol, incorporate legumes into your diet at least once a week. Try eating more hummus, bean dips, corn and black bean salsas or lentil soup.
- Try a new vegetable each week to expand your palate and your vitamin intake.
- Replace a sugary dessert with fresh fruit to cut back on the calories and give you a boost of good nutrition. Also use [healthy baking substitutes](#) to cut down on too much sugar and fat.
- Choose water or low-fat milk instead of sodas or juices to reduce the amount of sugar in your diet
- Have a sit down meal with your family at least three times a week.
- Read more on the secrets of [achieving your health goals!](#)



Learn how to stay fit while staying in doors in the cold weather!

When it's too cold to go for a walk or play your favorite sport outdoors, take your kids inside for some exercise. There's plenty you can do to help keep your family fit. [Try these 5 ways to get moving in doors](#). Kids need 60 minutes of movement each day!

Stay Warm with Soup

Soup can be a healthy and hearty way to stay warm during the long chill of winter. Keep it simple and seasonal with [root vegetables like sweet potatoes and carrot soup](#). Rich in vitamins A and C, this sweet potato and carrot soup keeps the flu at bay while entertaining your kids in the kitchen. Have them peel and chop their way to a delicious dinner! Check out these recipes: [Easy Yummy Lentil Soups](#), [Kale and Sausage Soup](#) and [Don't Like Spinach-Try This Soup](#).

Seasonal Super Food Spotlight: Red Cabbage!

The rich color of red cabbage is due to the presence of anthocyanin polyphenols, a [plant chemical](#) with powerful antioxidant and anti-inflammatory properties. And with six to eight times the vitamin C of green cabbage, this hearty vegetable is a tasty treat with tons of protective qualities. Try [DOLE shredded red cabbage](#) with grated apple cooked in a mixture of apple juice, cider vinegar, and allspice for a deliciously nutritious side dish at your next dinner. The added sweetness of apples makes this an appealing and kid-friendly food. Include your kids in food preparation; they are far more likely to try new foods when they've been part of the process!

School Nutrition

Check out this expert interview where [kids get "lunched"](#) by falling for clever healthy marketing strategies that actually work.

