

SUN

MON

TUE

WED

THU

FRI

SAT

CARDS*fit*

National Cholesterol Education Month

						1 Wash the car
2	3 Labor Day	4	5	6 Fact: Cholesterol & other fats can't dissolve in the blood. They have to be transported to and from the cells by special carriers called lipoproteins.	7	8
9 Family Time: Research some healthy recipes and make a menu for the week! Discuss which ones you liked the most and try to incorporate them once a month.	10	11	12 Play soccer with friends and neighbors	13	14	15
16 Fact: LDL- low density lipoprotein is the "bad" cholesterol that can clog your arteries.	17	18 International Peace Day	19	20	21 Family Time: Discuss how to properly prepare food before eating. Also remind and go over proper hand washing techniques.	22
23/30	24	25	26	27	28	29

National Food Safety Education Month

Nutrition Tip

Cholesterol is a soft, fat-like, waxy substance found in the blood stream & in all your cells. It is an important part of a healthy body because it is used for producing cell membranes, some hormones and serves other needed bodily functions. Too much cholesterol may lead to coronary heart disease, heart attack or strokes

Open-Face Vegetable Sandwiches:

2-4 teaspoons Dijon mustard

2 whole-grain English muffins, split and toasted

1/2 cup small broccoli florets

1/4 cup chopped, red, yellow or green bell pepper

1/4 cup shredded carrot

1/2 cup shredded low-fat Monterey Jack cheese

Preheat broiler

Spread mustard over the cut side of each English muffin half. Arrange broccoli, bell pepper and carrot over mustard. Sprinkle with cheese.

Place English muffin halves on to the unheated rack of broiler pan. Broil about 4 inches from the heat for 2 -3 minutes, or until cheese melts.