



Health/Notes

OCTOBER WEEK ONE

October is Breast Cancer Awareness Month

Eat Your “Cancer Fighting Foods”

1. All “Cruciform” Veggies

- Cabbage (Slaw. Eat the slaw.)
- Broccoli (Have it with lemon and butter.)



2. All Orange Foods

- Pumpkin, carrot, squash (in soups & pies!)



3. Hi-C Foods

- Peppers (for those who like it HOT!)
- Papaya
- Citrus



4. Tea, Coffee, Cocoa (Here's the rule: Darker is better.)



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Health/Notes

OCTOBER WEEK TWO

The Super Food That's Super Delicious

1. Have High Blood Pressure

- Pumpkin's potassium helps to reduce it.

2. Want to Boost Your Immune System?

- Pumpkin's vitamin C keeps you healthy.

3. Want to Fight Cancer Before it Fights You?

- Pumpkin's beta-carotene works for you.

4. Want to get All of These Health Benefits?

- Eat pumpkin pie.
- Make pumpkin soup.
- Bake pumpkin pieces with cinnamon and butter.





Health/Notes

OCTOBER WEEK THREE

Down in the Dumps? Exercise Enhances Your Mood.

How Does Exercise Do That?

- Releases feel-good chemicals (you get fewer blahs)
- Cranks up your metabolism (gives you more energy)
- Boosts your immune system (fewer sick days)

Anything Else?

- Takes your mind off your stresses
- Builds your self confidence
- Helps Control Your Weight

How Much? What Kind?

- Just 30 minutes of activity daily
- No special equipment or gym memberships needed
- Walk, dance, play on a sports league, bowl, or play with your kids.





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OCTOBER WEEK FOUR

Have a “Healthy Halloween?” Isn’t that an Oxymoron?

On the Front End

- Don’t OVER-buy your Halloween candies.
- Get solid chocolate, not those with sugary fillers.
- Sends kids AFTER dinner so they don’t come home starved or end up eating candy along the way.

After the Score

- When the kids come back with a pillow sack ‘o candy, let them separate it into 3 equal piles: gotta have, so-so, could live without.
- Throw away the “could live without.”

On the Back End

- Store candy in a Tupperware, out of sight.
- Allow kids to choose one a day for an after-school snack or dessert.

