

Gifts for Healthy Living

For many people, this time of year is a time for giving gifts. Consider giving a gift that promotes good health. Here are some items your friends and family may enjoy.

- **Fruit Basket:** Most of us need a little help getting our recommended serving* of fruit every day.. Give a colorful selection of fruits – you can put one together yourself or many grocery stores will help you. Assemble shortly before giving to keep fruit at optimum quality.

*The recommended serving is 2 cups for most adults. Examples of 1 cup servings of fruit are a small apple, a large banana, or a large orange. See MyPyramid for more information on fruit and serving sizes. http://www.mypyramid.gov/pyramid/fruits_counts.html#

- **Assortment of Herbs and Spices:** Buy several small containers of less common herbs and spices for your friends to try and include recipe cards for ideas on how to incorporate them. These seasonings can help add flavor to foods when trying to reduce fat and salt in favorite recipes as well as making cooking more adventurous. Here are some resources on herbs and spices: Add a Little Spice (& Herbs) to Your Life: [http://lancaster.unl.edu/food/spiceherbshandout-color.pdf%20Flavor that Food](http://lancaster.unl.edu/food/spiceherbshandout-color.pdf%20Flavor%20that%20Food): <http://lancaster.unl.edu/FOOD/SpiceHerbChart.pdf>
- **Cookbook:** Healthy cookbooks are always a good gift. Buy a cookbook that entices friends to spend some time in the kitchen and helps make cooking a little easier. For example, explore some of the cookbooks that use just a few ingredients or recipes that can be prepared in a short amount of time.
- **Pedometer:** Available for under \$20, pedometers are an easy way to track the number of steps taken each day. They may provide the encouragement needed for that goal-oriented person on your list to take the stairs instead of the elevator or take the dog for a real walk.
- **Fitness Classes:** For the person who wants to exercise but hasn't quite gotten motivated, how about a trial membership to the neighborhood fitness center or a series of aerobics or yoga classes.
- **"Gift Certificate" for Food from Your Kitchen:** For people that you see often, give a home-made "gift certificate" that promises fresh treats from your kitchen. For example, you might give a gift of a delivered home-cooked meal or one fresh home-baked loaf of whole grain bread per month for the next year.

Sources:

Healthy Holiday Gifts. (November 2008, retrieved November 2009) from Clemson Cooperative Extension website: http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/dietary_guide/hgic4091.html

Henneman, A. Healthy (and FUN) Holiday Gifts for YOU (retrieved November 2009) from University of Nebraska-Lincoln Extension website: <http://lancaster.unl.edu/food/fto-n07.shtml>

Know how. Know **now**.



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