



OCTOBER-DECEMBER 2013 ARTICLES

- WEEK OF 12/30/13 - Set SMART Goals Each Month in 2014
- WEEK OF 12/30/13 (article 2) - Jumpstart Your Day with Breakfast
(January Goal)
- WEEK OF 12/23/13 - Different Holiday Sweets (Recipe: Oven-Roasted Sweet Potatoes & Onions)
- WEEK OF 12/16/13 - Healthier Holiday Desserts (Recipe: Baked Apple Cheesecake)
- WEEK OF 12/9/13 - Survive Holiday Parties: Healthy Appetizer Ideas
- WEEK OF 12/2/13 - Pear Month (Recipe: Pear Salsa)
- WEEK OF 11/25/13 - Thanksgiving-Healthy for all (Recipe: Mashed Cauli Taters)
- WEEK OF 11/18/13 - Diabetes - Carbohydrate Counting Tips
- WEEK OF 11/11/13 - Gluten Free Diet Awareness Month - Foods Allowed and Not Allowed
- WEEK OF 11/4/13 - American Diabetes Month - Diabetes and Fruit
- WEEK OF 10/28/13 - Healthy Pizza Ideas
- WEEK OF 10/21/13 - Apple Month (Recipe: Apple Carrot Salad)
- WEEK OF 10/14/13 - Superfoods - Spinach
- WEEK OF 10/7/13 - Breast Cancer Awareness Month - Dirty Dozen and Clean 15 Foods