



Week 4: Healthy Holiday Foods

For week 4 of our challenge we want to give you some ideas for enjoying the holiday foods while staying within your “moderation limits.” Here are some websites and videos with holiday tips and ideas:

1. [CooperAerobics - Healthy Meal Prep to Make Your Menu](#)
2. [CooperAerobics - Cooper Aerobics - A Dietitian's Survival Guide For The Holiday Season](#)
3. [CooperAerobics - Cooper Aerobics - Fun, Hot and Healthy Holiday Drink Ideas](#)
4. [CooperAerobics - Cooper Aerobics - Get Pumped About the Benefits of Pumpkin](#)
5. [CooperAerobics - Cooper Aerobics - Controlling Your Diet During the Holidays Video](#)