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7 low-cost gifts to keep Mom healthy on Mother's Day

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STORY HIGHLIGHTS

- Forget conventional flowers and chocolate, try healthy gifts for Mother's Day
• Give the gift of (your) time and support at the doctor's office
• Rather than artery-clogging brunch, spring for a visit with nutritionist

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By Denise Mann

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Health

This Mother's Day, skip the flowers and forget the chocolate (unless it's dark)! Give your mom something she really needs -- the gift of good health.



Do something good for mom this Mother's Day by getting her healthy food and investing in her wellness.

No, you don't have to buy her a treadmill. There are many other things you can do to give your mom a boost in terms of her physical (or mental) well-being.

In case you are drawing a blank, we came up with a list of healthy -- and relatively inexpensive -- gift ideas for every mom.

1. Give the gift of (your) time and support at the doctor's office.

"Offer to be your mom's health buddy," says Philadelphia-based women's health expert Dr. Marie Savard, author of several books, including Ask Dr. Marie: Straight Talk and Reassuring Answers to Your Most Private Questions.

to be there for any and all doctor's visits whether a mammogram or routine appointment," she said. "Most moms always say 'don't bother,' but another set of eyes and ears is always a good idea at a doctor's visit."

2. Give the gift of healthy eating.

Rather than an expensive, artery-clogging brunch, you can spring for a visit with the nutritionist and follow it with a healthy meal.

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"Mother's Day is a great reason to get your mom to see a nutritionist," said Dana Greene, a nutritionist in private practice in Boston.

"Nutritionists can really tailor their advice to whatever issues mom is having with her diet, including losing weight or learning how to eat to reduce her risk of certain diseases such as breast cancer or osteoporosis," Greene says.

relatively inexpensive. Take mom out for a healthy brunch afterward and watch her put all she learned into practice." Health.com: How to eat out without getting fat

Greene also suggests subscribing to a healthy-cooking magazine to keep your mom in the healthy-eating mindset all year. Savard added: "Make and freeze healthy foods in individual containers for your mom."

3. Give the gift of organization.

Instead of making a photo album of family snapshots (although that's nice too), make your mom a folder containing all of her medical records, Savard said. "Put a folder together of test results and vital information so it is all in one place," she said.

4. Give the gift of a good night's sleep.

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