

Tips for Healthy Children and Families

Eating Better

For Children and Families

Start the day with breakfast. Refuel your body and gain energy for the day.

Let kids help plan one meal each week and eat together as often as possible.

Children imitate their parents — so set a good example by serving a variety of foods.

Eat slowly. It is easier to tell if you are hungry or full when you eat slowly.

Eat more vegetables and fresh fruits. Aim for a total of 5½ cups of fruits, juice and vegetables every day.

Eat more whole grains (e.g., oats, whole wheat, rye). Try to eat at least 3 ounces of whole grain every day.

Drink plenty of fluids during the day. Select water, low fat or fat free milk, and low calorie or diet beverages.

For Parents

Reward children with praise rather than food.

Serve food in small portions. Do not demand or reward “a clean plate.” Let your child ask for more if still hungry.

Read nutrition labels for serving size and calorie information. The information on the labels can help you select foods that best fit into your family’s meals and snacks plans.

Bake, broil or grill foods to reduce fat. Try healthy oils like olive, canola or sunflower if fat is used.

Snacks count for children. Snacks should provide nutrients and energy for active, growing children.

Keep a variety of snacks, like fresh fruit, 100% fruit juice, vegetables, whole grain cereals and crackers, in the house. Try lower calorie or lower fat foods, like baked chips, reduced sugar cereals or low fat dressings.

Being More Active

For Children and Families

Move more. Try to get between 30 to 60 minutes of physical activity every day. Several 10 to 15 minute sessions of moderate activity each day add up.

Plan regular physical activity into your daily routine. Walk as a family before or after meals.

Limit TV, computer and video game time to a total of one to two hours per day.

Balance energy calories with activity calories. The energy you get from the foods and beverages should equal the calories you burn in activity every day.

Increase household activities (e.g., walking the dog, dusting, vacuuming, gardening). These activities are good ways to burn calories.

Include an activity like hiking or bike riding when you go on vacation.

Enjoy playtime with your family by shooting hoops or walking to the park.

For Parents

Move more. Walking is an easy way to be more active every day.

Park the car in a spot farther away from the store and walk.

Take the stairs instead of the elevator, or get off one floor earlier and take the stairs on the last flight.

Get off the bus one stop earlier and walk the rest of the way.

Use an exercise machine or lift weights while watching television.

Walk to do errands.

Be a role model for your children. Do something active every day.



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How Active Are You?

Moderate physical activity

- Walking
- Treading water
- Bicycling (10 mph)
- Dancing
- Doing yard work/gardening
- Hiking
- Vacuuming
- Playing with children

Vigorous activity

- Jogging
- Swimming laps (light effort)
- Bicycling (12 mph)
- Low impact aerobics
- Mowing lawn with hand mower
- Playing doubles tennis
- Moving furniture
- Weight lifting

More Vigorous activity

- Running
- Swimming laps (vigorous effort)
- Bicycling (more than 14 mph)
- Step aerobics
- Digging a ditch
- Playing singles tennis
- Playing basketball or soccer
- In-line skating

Healthy Habits for Life

Write down what you eat: how much, when and why. For example, what do you eat when you're stressed out?

Record your physical activity: how long, how often and how hard you worked out?

Weigh yourself regularly to monitor any weight gain or loss.

Eat only at the kitchen table. Don't drive, watch television or talk on the phone while you eat.

Put out your exercise clothes the night before as a reminder to walk or work out in the morning.

Set goals you can achieve. For example, aim for eating more vegetables and fewer high-calorie foods.

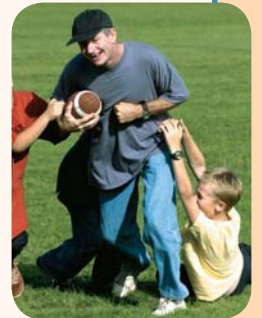
Don't "up size" your favorite drink — 32 oz. of soda has 400 calories! Choose a diet drink instead.

Eat only until you're not hungry and push the plate away.

Use alternatives to eating when you're not hungry: take a walk, play a game, read a book, or call a friend.

Do your grocery shopping on a full stomach.

Eat only because you're hungry, not because you're bored, tired or stressed.



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