



NUTRITION

Children's Activity Pyramid

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Have FUN and be active each week by trying some of these activities...

With your family

- go biking
- take a walk together
- play at the park
- have a "turn-off-the-TV-day"

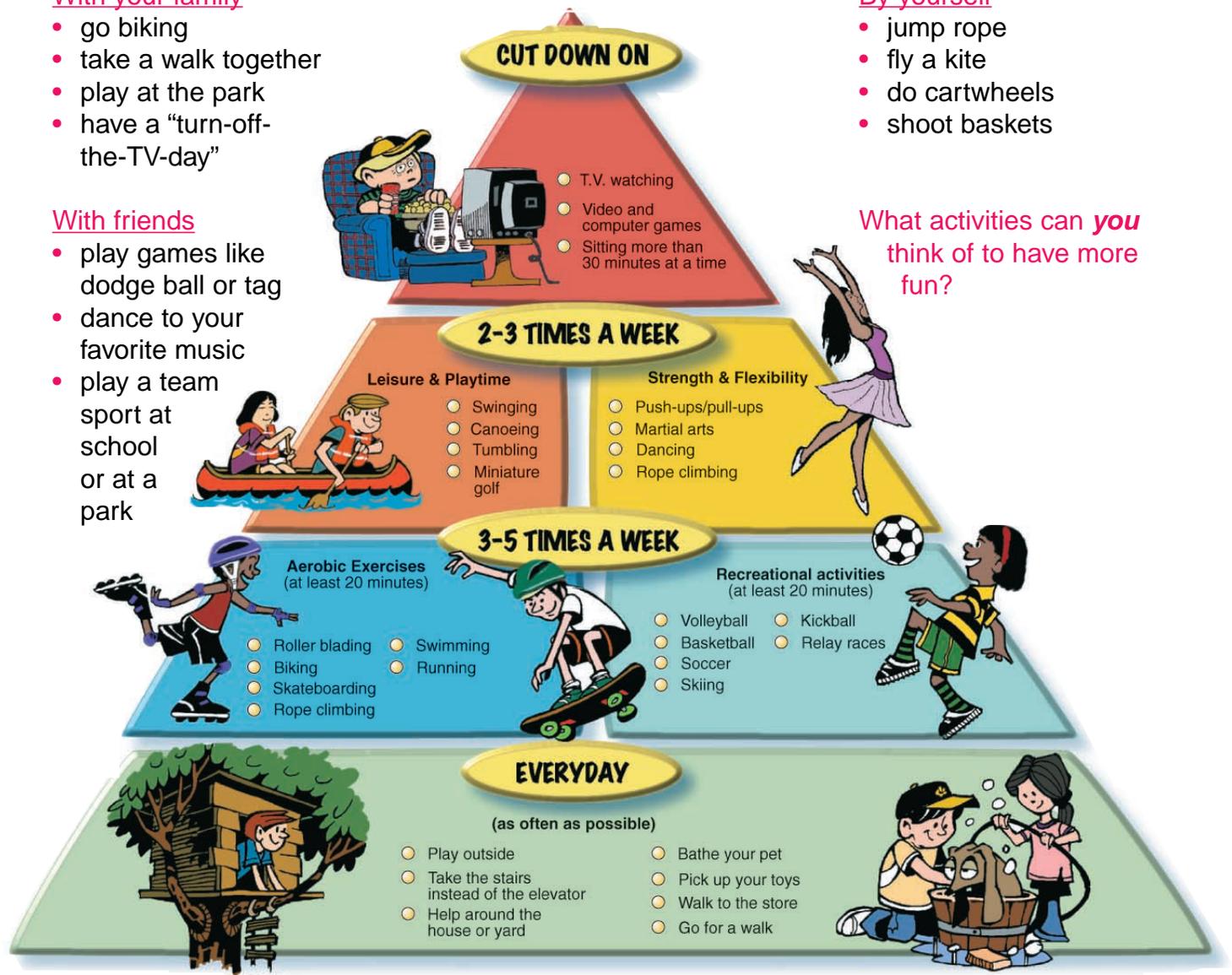
With friends

- play games like dodge ball or tag
- dance to your favorite music
- play a team sport at school or at a park

By yourself

- jump rope
- fly a kite
- do cartwheels
- shoot baskets

What activities can **you** think of to have more fun?



My Own Activity Pyramid

Hey, kids!

This is your own personal physical activity pyramid. List your physical activities for a week.

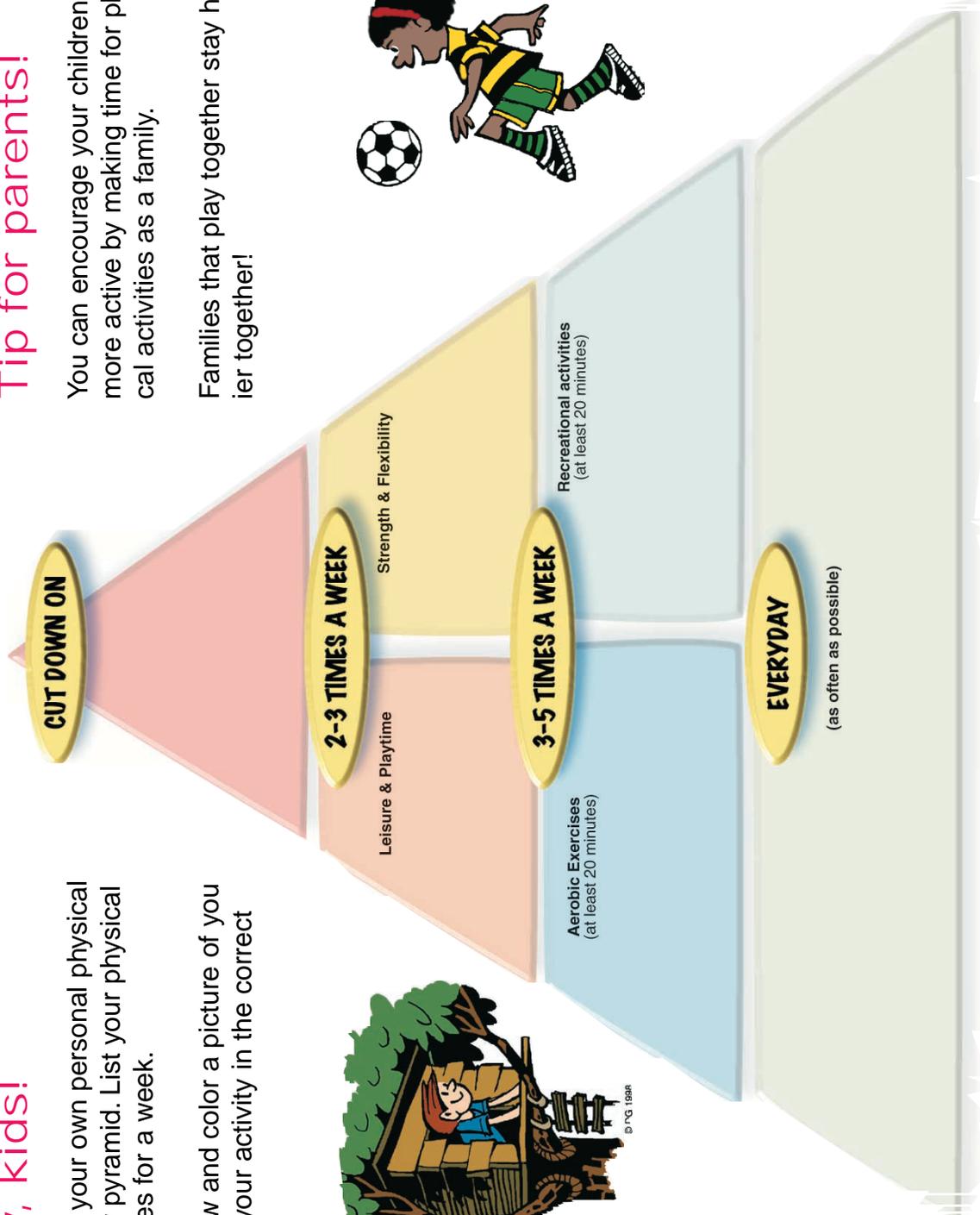
Or draw and color a picture of you doing your activity in the correct space.



Tip for parents!

You can encourage your children to be more active by making time for physical activities as a family.

Families that play together stay healthier together!



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Tips to Increase Physical Activity

Physical activity is something that can be done anytime and anywhere. It is just a matter of motivating yourself to do it. Below are some simple things that you can do to increase your activity level.

| | | |
|---|---|---|
| <p>Wash and wax the car.</p>  | <p>Find two cans of food and use them as weights.</p>  | <p>Work in the garden, mow the grass, weed, and prune.</p>  |
| <p>Do a physical activity routine with an exercise show on TV. (Include the whole family)</p>  | <p>Take the stairs instead of the elevator.</p>  | <p>Replace your coffee break with a 5-10 minute walk.</p>  |
| <p>Walk the dog.</p>  | <p>If you take the bus, get off two stops early and walk.</p>  | <p>Contract your stomach muscles while sitting.</p>  |

USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total fat | Less than | 65g | 80g |
| Sat fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

How to Limit Tube Time and Get Your Kids Moving

Experts recommend that kids get no more than 1–2 hours of TV/computer/video games a day — most kids get 4–6 hours. You know your child needs to watch less TV but you're dreading the screaming, yelling and crying that may follow. First and foremost, remember YOU are the parent. You run the show; part of your job is to set limits. Here are some ideas about how to limit your kid's sedentary time.

Have a plan

- Be prepared to offer alternative activities to TV or video games. You might consider family game night, shooting some hoops, walking the dog or exploring a nearby park.
- Be active with your kids. Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them!
- Don't position your furniture so the TV is the main focus of the room.
- Remove televisions from bedrooms.



Plan TV watching in advance

- Go through the TV guide and pick the shows you want to watch.
- Turn the TV on for those shows and turn it off afterwards. Don't just watch whatever comes on next.
- Avoid using TV as a reward or punishment.

Practice what you preach

- Your kids won't accept being restricted to two hours of TV watching if you can veg out for four hours. The best way to influence your kids' behavior is through example.

*Remember, you can do it!
Be strong, have a plan and don't back down.
Your child's health is worth fighting for.*

QUENCHERS

Hints for keeping happy, healthy, HOT kids hydrated!

Summer has arrived! As the kids explode out of doors, make sure they are prepared for the heat. **Drink WATER!** Water is a vital ingredient for keeping body temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Make sure that kids are drinking **BEFORE** they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Watch kids closely for signs of dehydration, including fatigue, dry lips and tongue, low energy, grayish skin, and lack of tears. Children's body temperature rises faster than adults, so it is essential that they get plenty of fluids to keep them cool—especially when it's hot and humid!

What you can do to keep kids hydrated

- Make sure that kids drink fluids at every meal and snack time throughout the day, and during every period of physical activity.
- During physical activity (and *especially* on hot days), make sure that kids drink frequently, even if they are not thirsty. **Every 20 minutes**, give younger kids 5 ounces of cold water (about the size of a small juice box—or 10 gulps), and give teens about 9 ounces.
- **Offer cold water** – it's absorbed faster! Avoid sugar-sweetened drinks – these are absorbed more slowly.

Choose wisely to really beat the heat!

Cold Water!

Water flavored with fruit slices or frozen fruit
juice ice cubes

Sodium-Free Seltzer

Diluted 100% Juice (4 oz water and 4 oz juice)
Juice Spritzers (juice and seltzer water)

Why not juice, soda or sports drinks?

Because they often contain sugar, caffeine, and artificial sweeteners. Also, high-sugar drinks are the number one source of added sugar in children's diets. Drinking too many high sugar drinks contributes to overweight in children and adults alike. More facts to consider...

- Drinks high in sugar (including fruit sugars naturally present in 100% juice) slow down fluid absorption by the body.
- Caffeine is a stimulant, and high doses in children can lead to rapid heart beat, headaches, upset stomach and disturbed sleep. Kids can easily get too much caffeine by consuming several servings (or "super-sized portions") of caffeine-containing drinks.
- Artificial sweeteners condition kids to expect "sweetness" in drinks and foods. Since their long-term safety is not fully understood, it is best to avoid them.
- Sports drinks are helpful only for highly intense activity that lasts longer than 1 hour, when the ability to keep going is required for competition. In normal play, stopping for a healthy snack and cold drink is a better way to refuel the body.

Keep kids energized with snacks

Growing kids, even teens, need a mid-morning and mid-afternoon snack to maintain their energy. This is especially true when they play outdoor games. A 15 minute rest in the shade for a healthy snack and cold drink is essential on hot days. When kids spend a full 8 hour day away from home, they need at least one good meal and two snacks. **A snack or meal every two and a half hours is a good standard.** Try to serve snacks containing about 200 calories, and that have foods from two or more food groups (e.g. fruit and yogurt, or cheese and crackers).

DRINK SENSE TIPS

DO SELECT

WATER—as much as you want!

100% Juice—limit to 6 oz. per day (juice box size) for kids under 6 years old, and 12 oz. per day for kids over 6.

Sodium-Free Seltzer—as much as you want!

STEER CLEAR

Soda (pop)—regular or diet

Drinks with added sugar and/or artificial sweeteners*

Examples of products to avoid:

Fruit Punches

Fruitades (lemonade, etc.)

Juice drinks

Cranberry (and other juice) cocktails

Sweetened iced teas

Sports Drinks

Vitamin waters

SNACK SENSE TIPS

Create snacks that include choices from **at least two** of the following groups:

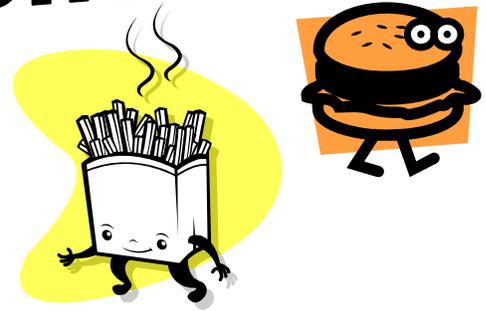
Fruits and Vegetables: frozen grapes, berries, or melon chunks; precut orange wedges; apples; pears; bananas; applesauce; pepper strips; carrot sticks or baby carrots; sliced cucumbers or squash; pea pods; green beans or jicama sticks. *A quick ranch dressing or plain yogurt and honey dipping sauce make it fun!*

Proteins: Peanut or other nut butters; hummus or chick peas; cheese; yogurt; hard boiled eggs; tuna fish (the new pouch preparation is great!); a handful of unsalted nuts (peanuts, cashews, walnuts or almonds); soybeans (edamame) with or without the pods (*find them in the frozen foods aisle; simply defrost and eat!*).

Whole Grains: whole wheat pita or flatbread; whole wheat or graham crackers; RyVita crisps; whole wheat toaster waffles; trail mix or granola; oat bran mini muffins; fig bars; or dry whole-grain cereal.

A note about trans fats: Many snack foods tend to be high in unhealthy trans fats, especially crackers and grain-based products. Purchase products that have no “partially hydrogenated oils” or “shortening” present in the ingredient list. Products labeled “Zero Trans Fats” may have up to .5 g of trans fats per serving, so a quick label check helps to avoid these unhealthy fats.

Fast Food Trade-Offs!



| | Choose This... | Instead of This... | Calorie Savings | Fat Gram Savings |
|----------------|--|------------------------------------|-----------------|------------------|
| McDonald's | McGrilled Chicken Sandwich (w/o mayo) | Big Mac | 250 | 27 |
| | Small French Fries | Large Size Fries | 330 | 16 |
| | Reduced Fat Ice Cream Cone | Apple Pie | 110 | 8.5 |
| | Egg McMuffin | Sausage Biscuit | 120 | 16 |
| Pizza Hut | 1 Slice Thin Crust Veggie Lover's Pizza | 1 Slice Pepperoni Pizza | 131 | 6 |
| | 1 Slice Thin Crust Pizza | 1 Slice Stuffed Crust Cheese Pizza | 202 | 9 |
| Subway | 6" Turkey Breast Sub w/veggies & mustard | 6" Italian BMT Sub | 131 | 20 |
| | Honey Mustard Sauce | Horseradish Sauce | 80 | 9 |
| Taco Bell | Regular Crispy Taco | Double Decker Taco | 160 | 5 |
| | Bean Burrito | 7-Layer Burrito | 150 | 10 |
| | Mexican Pizza | Taco Salad w/ Salsa | 460 | 27 |
| Baskin Robbins | 1 Cup Chocolate Nonfat Soft Serve Yogurt | 1 Cup Chocolate Ice Cream | 280 | 28 |
| | 1 Cup Pineapple Sorbet | 1 Cup Strawberry Ice Cream | 160 | 22 |
| Wendy's | Jr. Cheeseburger | Big Bacon Classic | 270 | 18 |
| | Baked Potato w/Margarine | Bacon & Cheese Baked Potato | 150 | 10 |
| | Grilled Chicken Sand | Breaded Chicken Sand | 130 | 9 |

Feeding Kids Right Isn't Always Easy

Tips for Preventing Food Hassles



Feeding Kids—What's Your Role?

While parents are the best judges of **what** children should eat and **when**, children are the best judges of **how much** they should eat.

Here are **five** important feeding jobs for parents and caregivers:

1. Offer a variety of healthful and tasty foods. Be adventurous!
2. Serve meals and snacks on a regular schedule.
3. Make mealtime pleasant.
4. Teach good manners at the table.
5. Set a good example.

Happy encounters with food at any age help set the stage for sensible eating habits throughout life. Handling food and eating situations positively encourages healthful food choices.

This brochure gives helping hints for food and nutrition for young children. For specific advice, talk to your child's pediatrician or a registered dietitian.

Mealtime: Not a Battleground

"Clean your plate."

"No dessert until you eat your vegetables."

"If you behave, you can have a piece of candy."

To parents and caregivers, these phrases probably sound familiar. However, food should be used as nourishment, not as a reward or punishment. In the long run, food bribery usually creates more problems than it solves.

Did You Know That...

...encouraging your child to wash his or her hands thoroughly before meals may help prevent foodborne illness?

Here are six common childhood eating situations. Try these simple tips to make mealtime a more pleasant experience.

Feeding Challenges...

Food Jags:

Eats one and only one food, meal after meal

Food Strikes:

Refuses to eat what's served, which can lead to "short-order cook syndrome"

"The TV Habit":

Wants to watch TV at mealtime

The Complainer:

Whines or complains about the food served

"The Great American White Food Diet":

Eats only white bread, potatoes, macaroni and milk

Fear of New Foods:

Refuses to try new foods

Feeding Strategies...

Allow the child to eat what he or she wants if the "jag" food is wholesome. Offer other foods at each meal. After a few days, the child likely will try other foods. Don't remove the "jag" food, but offer it as long as the child wants it. Food jags rarely last long enough to cause any harm.

Have bread, rolls or fruit available at each meal, so there are usually choices that the child likes. Be supportive, set limits and don't be afraid to let the child go hungry if he or she won't eat what is served. Which is worse, an occasional missed meal or a parent who is a perpetual short-order cook?

Turn off the television. Mealtime TV is a distraction that prevents family interaction and interferes with a child's eating. Value the time spent together while eating. Often it is the only time during the day that families can be together. An occasional meal with TV that the whole family can enjoy is fine.

First ask the child to eat other foods offered at the meal. If the child cannot behave properly, have the child go to his or her room or sit quietly away from the table until the meal is finished. Don't let him or her take food along, return for dessert or eat until the next planned meal or snack time.

Avoid pressuring the child to eat other foods. Giving more attention to finicky eating habits only reinforces a child's demands to limit foods. Continue to offer a variety of food-group foods. Encourage a taste of red, orange or green foods. Eventually the child will move on to other foods.

Continue to introduce and reinforce new foods over time. It may take many tries before a child is ready to taste a new food... and a lot of tastes before a child likes it. Don't force children to try new foods.

Mealtime Is More Than Food

Youngsters are too smart to heed the old saying “Do as I say, not as I do.” Children learn by imitating what they see. Adults who eat poorly can’t expect their children to eat well. Set a good example by eating meals at regular times and by making healthful and tasty food choices.

Parents and caregivers are “gatekeepers,” who control what foods come into the house. Having lots of healthful foods around helps children understand that these food choices are a way of life.

Mealtime is family time. Children learn many things as you eat together. And pleasant social encounters with food help develop good food habits.

Three, Two, One ... Let’s Eat!

Prepare children for meals. A five-minute warning before mealtime lets them calm down, wash their hands and get ready to eat. A child who is anxious, excited or tired may have trouble settling down to eat.

Consistent food messages encourage children to eat and help prevent arguments over food. Try these simple steps:

- Be a smart gatekeeper. Buy a variety of foods you want the child to eat. Be adventurous with food!
- Be flexible. Don’t worry if the child skips a meal.
- Be sensible. Set an example by eating a variety of healthful foods yourself.
- Let children make their own food choices from the healthful choices you provide.

Occasional Meal Skipping and Finicky Food Habits Are Okay

Well-meaning adults often view a child’s odd food and eating behaviors as a problem. However, childhood food jags, a fear of new foods and other feeding challenges are usually part of normal development.

There’s no need to worry if a child skips a meal or won’t eat the vegetables on his or her plate. Keep the big picture in mind. Offer a variety of healthful, tasty and nourishing foods. Over time, a child will get everything needed to grow and develop normally. Plenty of food variety and a relaxed, happy atmosphere at mealtime are the “ingredients” for a well-fed child.

Children often use the table as a stage for showing their independence. Sometimes, food is not the issue at all. The eating process is just one more way children learn about the world.

Work Up an Appetite!

Active play, along with eating right, promotes good health ... and a healthy appetite! And it is the best exercise for toddlers and young children.

Making a snowman, playing tag, throwing balls, riding a bike and taking a nature walk are healthful and fun for the whole family. Don’t just watch. Join in and be active, too. When you’re physically active, you set a good example.

This brochure was developed as part of the **HEALTHY START...Food to Grow On** program, an information and education campaign that promotes healthful food choices and eating habits for healthy children ages two years and over. The **HEALTHY START** program was produced as a cooperative effort by the American Academy of Pediatrics (AAP), The American Dietetic Association (ADA), and the Food Marketing Institute (FMI).

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

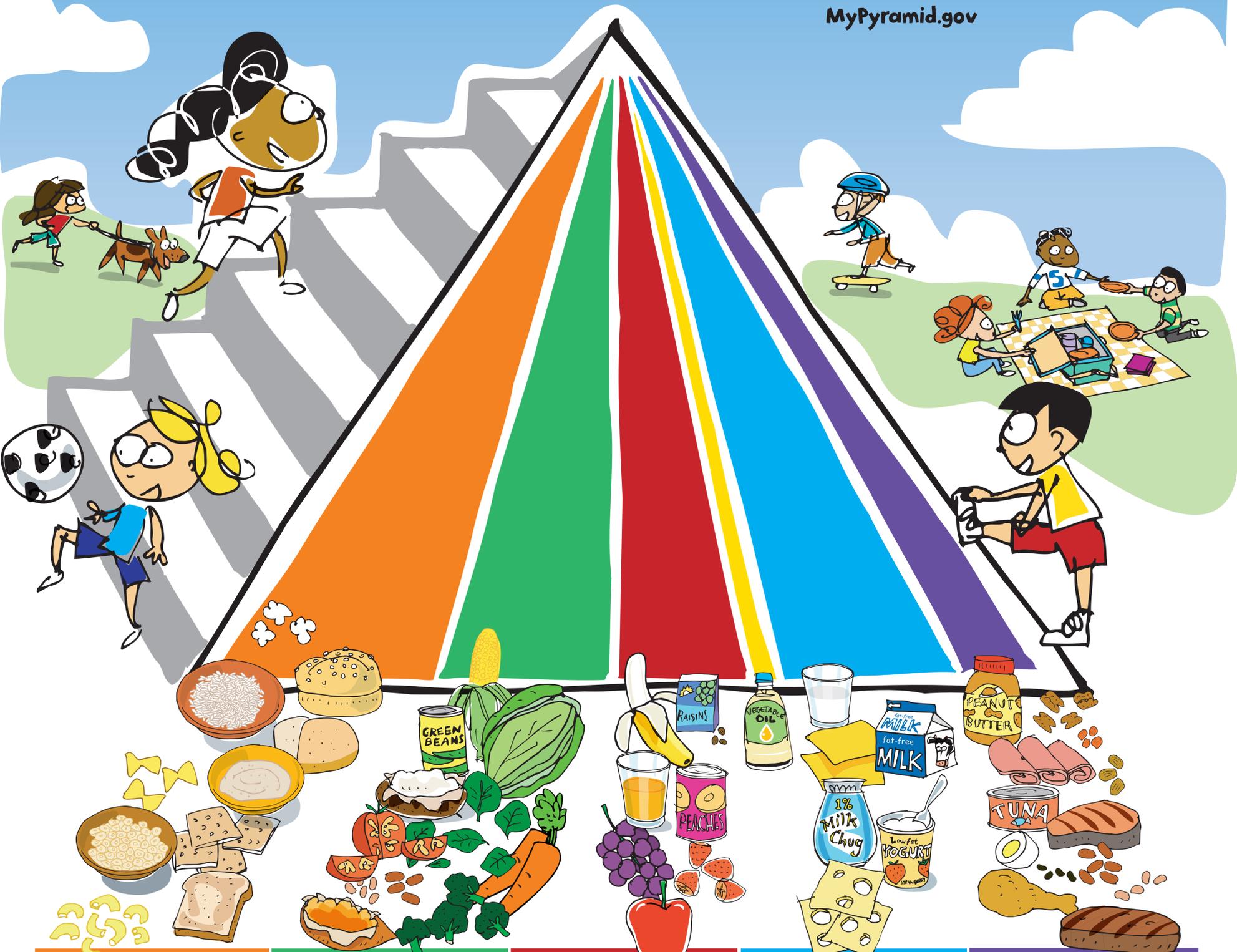


MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day; for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



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Core Tips: Daily Food Record Quick Start Guideline

Food Record Instructions:

- Record all foods and beverages consumed
- Record amounts of all foods and beverages consumed
- Record time of day foods/beverages are consumed
- Record the calories of the food or beverage items
- Check glasses of water consumed (1 glass = 8 fluid ounces)
- Check servings of fruits and vegetables consumed (1 serving = 1 medium piece, ½ cup)

Example:

| Time of Day | Food or Beverage Description | Serving Size/Amount | Calories |
|-------------|------------------------------|---------------------|----------|
| 12:30 pm | Whole Wheat Bread | 2 slices | 150 |
| | Turkey Slices | 4 ounces | 120 |
| | Cheddar Cheese | 1 ½ ounce | 165 |
| | Mayonnaise | 1 tablespoon | 100 |
| 3:15 pm | Potato Chips | 1 ounce bag | 150 |

Q: Why Keep a Record

A: To Increase Awareness!

Fact: Research shows that some form of cognitive constraint of self-monitoring in the form of activity or foods logs is a characteristic of people who have been successful at losing and maintaining weight long-term.

Be Aware of Your Eating Patterns...

1. What are specific “problem” foods that you tend to overeat?
2. What portion size do you usually serve yourself?
3. Do you skip meals?
4. When is overeating in response to stress or boredom?
5. How often do you eat out at restaurants?
6. How often do you eat fruits & vegetables?

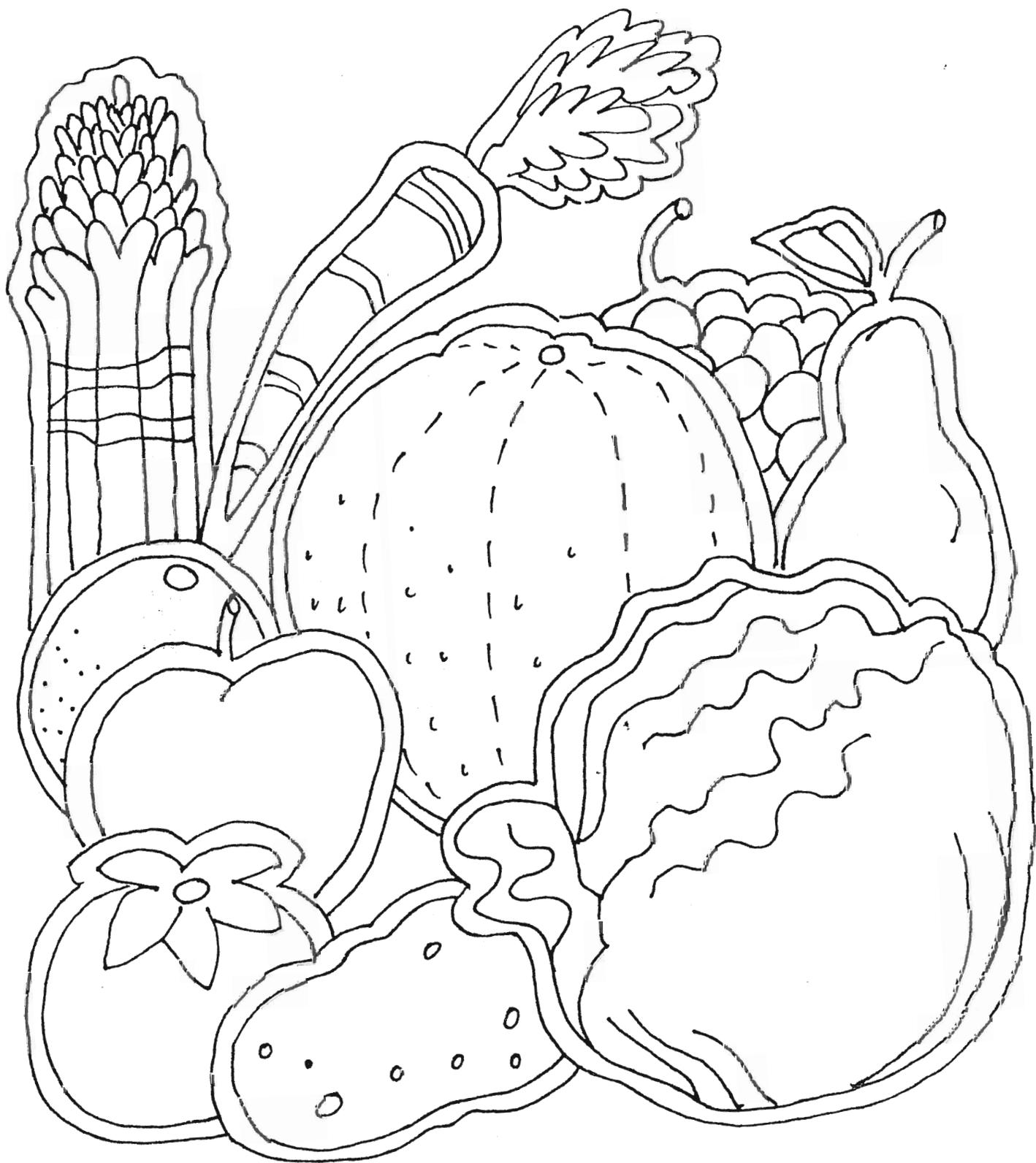
Tips for Making *small* CHANGES

- Keep “problem” foods out of the house and plan healthy snacks in your day
- Keep portions small because serving large portions may lead to eating more – use smaller plates, measure food, share meals & avoid seconds
- Do not skip meals – this may lead to overeating at a later time.
 - If you do not usually eat breakfast, then start by adding something small to your morning such as fresh fruit or yogurt.
- Decrease the number of times you eat out and keep a well-stocked kitchen that encourages preparation of quick, healthy meals.

Snacking Sense

Early Start for A Healthy Heart

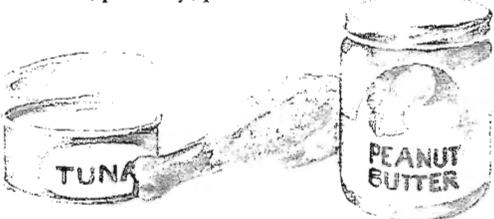
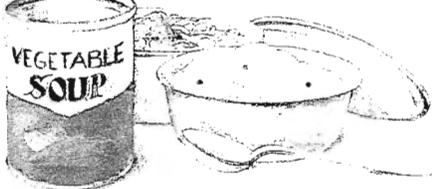
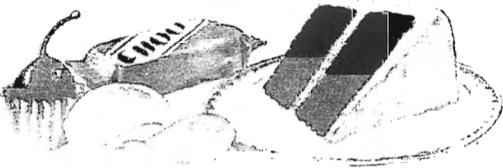
| EAT MORE OF THESE | EAT LESS OF THESE |
|---|--|
| <p data-bbox="362 321 509 352">Fresh fruits</p>  | <p data-bbox="883 321 1417 352">Fruits in heavy syrup, puddings, custards</p>  |
| <p data-bbox="217 609 657 640">Whole-grain muffins and crackers</p>  | <p data-bbox="997 609 1304 640">Cakes, cookies, pastries</p>  |
| <p data-bbox="233 924 643 955">Frozen yogurt, sherbet, ice milk</p>  | <p data-bbox="1003 924 1297 955">Whole milk, ice cream</p>  |
| <p data-bbox="136 1203 740 1234">Unsalted popcorn and nuts, whole-grain cereals</p>  | <p data-bbox="938 1203 1357 1234">Potato chips, pretzels, corn chips</p>  |
| <p data-bbox="331 1434 542 1465">Fresh vegetables</p>  | <p data-bbox="964 1434 1338 1465">French fries, fried vegetables</p>  |
| <p data-bbox="217 1675 659 1707">Dried fruits: apples raisins, prunes</p>  | <p data-bbox="932 1675 1370 1707">Hard candies, chocolates, lollipops</p>  |



Healthful and Heart-y Lunches



EARLY START FOR
A HEALTHY HEART.

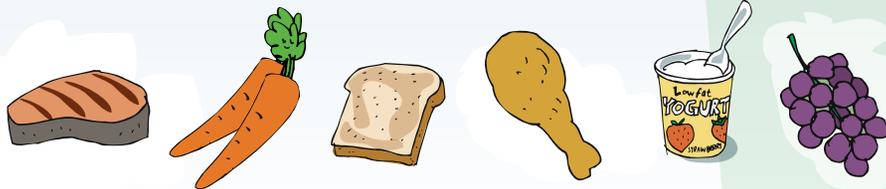
| EAT MORE OF THESE ¹⁻³ | EAT LESS OF THESE ¹⁻³ |
|---|--|
| <p>Fish, poultry, peanut butter</p>  | <p>Cold cuts, fatty meats, frankfurters</p>  |
| <p>Whole-grain breads, muffins, and crackers</p>  | <p>White bread, sweet rolls</p>  |
| <p>Fresh raw vegetables, home-made soup</p>  | <p>Canned soups, prepared salads</p>  |
| <p>Fresh and dried fruit, unsalted nuts</p>  | <p>Candy, potato chips, cake</p>  |
| <p>Skim and low-fat milk, natural fruit juice</p>  | <p>Whole and chocolate milk, soda</p>  |

TIPS FOR FAMILIES



EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



EXERCISE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



NAME _____

Activities for the Heart

Circle the pictures that show activities that help your heart the most.



How to Get Non-Athletes to be Physically Active

- Team sports are a great way for kids to get their daily activity requirement, but competitive sports aren't for everyone. Here are some ways to encourage your "non-athlete" to get up and get moving.
- Some kids are embarrassed to participate in sports because they don't think they're good enough. If this is the problem, find time to practice together. This may help build confidence.
- Some kids just don't like competing in sports. That's OK; there are lots of other ways to be active. Examples are swimming, horseback riding, dancing, cycling, skateboarding, yoga, walking, etc. Find out your child's interests.
- Don't make exercise a punishment. Forcing your child to go out and play may increase resentment and resistance.
- Try using physical activity to counter something your child doesn't want to do. For instance, make it the routine that your child can ride a bike for 30 minutes before starting homework after school. Your child will beg for 20 more minutes outside just to put off the homework!



Benefits of Aerobic Exercise

Here is a list of the benefits of aerobic exercise. Put a check mark in front of the ones you feel help you the most.

- Better concentration
- Helps you succeed in other sports
- Improves coordination
- Makes it easier to maintain your best weight
- Boosts self-confidence
- Promotes cooperation when done with others
- Promotes friendship when done with others
- Helps you feel happier: less grouchy, anxious or depressed
- Healthier, feel better
- Able to challenge yourself and improve
- Get attention for you accomplishments
- Helps attract friends and family to fitness
- Have fun

How Active is your Family? American Heart Association

Have you heard the new saying – The family that exercises together stays healthy together? Well, its true. Children, as well as parents, need to be physically active right now!! Recent studies show that today’s children are less fit – and more overweight – than children of previous generations. In fact, today between 13 and 36 percent of 12 to 17 year old Americans are obese. That’s a 39 percent increase in obesity when compared to records on children collected between 1966 and 1970.

BUT.... It's soooo easy for everyone to be more active. Find 16 of the many family recreational activities hidden below in the seek-n-find. They can be spelled backward, forward, up, down, or diagonally.

R S R K T O R E K E L E L L
L K G A K P C S I A R T K A
W K P S A R V Y B L K C K K
K I M K L S O G G L L E E B
S S I A R E L W A E L K P S
K J R T K R L W T K A O O I
I F R I S B E E A E B F R E
P I H N L C Y C C I T I P R
P S N G A W B N C B E B M K
I O W R S P A E A O K S U A
N N C I U D L L K G S R J N
G N I B M I L C R I A T S G
O P I P L C R A E N B I E W
J M A D B G B L R B K R S L

Basketball
Jog
Skipping
Volleyball

Bike
Jumprope
Soccer

Dance
Racewalk
Softball

Frisbee
Row
Stairclimbing

Hike
Skating
Swim