



# PARTNERSHIP for Better Health

## Healthy Eating & Active Living **TIP SHEET** for Parents & Educators

From 5210:



In order for your kids to be healthy, they should be eating at least five servings of fruits and vegetables per day. For kids, one serving size is the size of the palm of their hand, and for adults it is about the size of a tennis ball.



There are many ways to make physical activity free and fun! Try taking the stairs instead of the elevator, park your car at the end of the parking lot, or take a walk as a family.



Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They also contain protective properties that work together with fiber to benefit your health in many ways. Different beneficial properties are found in different fruits based on their color – that's why it's important to put a rainbow on your plate.



Juice products labeled “-ade,” “drink” or “punch” often contain 5% juice or less and are loaded with sugar. If you choose to serve juice, make sure it is 100% juice. And...consider adding a little water to help dilute the juice.



Milk is a great way to provide your child's body with much needed calcium. Youth ages 9-18 should be drinking four and a half cups of low-fat milk a day. If your child does not like milk, give them four and a half servings of high calcium foods a day like: yogurt, cheese, salad greens, broccoli, peas and almonds.



Is your child tired of drinking plain milk every day? Try switching things up by making a milkshake using low fat milk, ice, and your favorite berries.



Looking for a fun and healthy snack? Try making Ants on a Log by spreading peanut butter on top of celery and putting raisins on top of the peanut butter. It's both healthy and delicious!



It can take 7-10 tries of a new food before you start to like it. Make sure your children are following the three-bite rule and trying at least three bites of a new fruit or vegetable before they say they do not like it.



Try adding fruits or vegetables to foods you and your family already like. You can add fruit to your cereal or pancakes and add vegetables to your pasta or pizza. Be creative!



Our bodies are made up of 70-80% water and every time we sweat we lose some of that water and important minerals. Be sure your children are replacing the water they lose by drinking lots of water each day. How much water should children drink? Children need between five and eight cups of water per day?



Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories! Encourage your children to choose water or low-fat milk instead of soda.



A healthy meal includes foods from each of the five food groups: dairy, protein, vegetables, fruits, and grains. Next time you are cooking dinner for your family be sure to have foods from each of these groups.



Tired of drinking plain water and want something with a little more flavor? Try naturally flavoring your water with a slice of fresh lime, lemon, or orange.



### Make Half of Your Child's Grains Whole

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. To make half of your child's grains 'whole grains,' substitute a whole-grain product for a refined-grain product. ([ChooseMyPlate.gov](http://ChooseMyPlate.gov))



### Be a Healthy Role Model for Your Child

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time! ([ChooseMyPlate.gov](http://ChooseMyPlate.gov))



### Add More Vegetables to Your Family's Plate

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, cook fresh or frozen vegetables in the microwave. Cook batches of vegetables ahead of time and keep them in the fridge for snacking or stir fries. When eating out, ask for a side of vegetables instead of the typical fried side dish. ([ChooseMyPlate.gov](http://ChooseMyPlate.gov))



### Cut Back on Your Kid's Sweet Treats

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts. Make fruit an everyday dessert. Choose not to offer sweets as rewards. Serve smaller portions of treats by using smaller bowls and plates for these items. ([ChooseMyPlate.gov](http://ChooseMyPlate.gov))



### How Much Physical Activity Do Children Need? ([cdc.gov](http://cdc.gov))

Children and adolescents should do 1 hour or more of physical activity each day. Make sure they are getting three kinds of activity.

- **Aerobic:** Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate activity, such as brisk walking, or vigorous activity, such as running. Include vigorous activity at least 3 days a week.
- **Muscle Strengthening:** Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.
- **Bone Strengthening:** Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.



### Make Physical Activity a Daily Part of Your Child's Life ([cdc.gov](http://cdc.gov))

As a parent, you can help shape your child's attitudes and behaviors toward physical activity. Encourage your child to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.



### Substitute Sweet Treats with Activity ([letsmove.gov](http://letsmove.gov))

Celebrate special occasions—like birthdays or anniversaries—with something active, such as a hike, a volleyball or soccer game or playing Frisbee at the park.



### **Incorporate Physical Activity After-School and on the Weekends ([cdc.gov](https://www.cdc.gov))**

Looking for more ways to encourage your child's physical activity? Consider these easy tips and aim for one hour or more each day.

- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports to walking, playground activities or free-time play.
- Instead of watching television or playing computer games after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.



### **Tips for Eating Healthy at Restaurants ([nih.gov](https://www.nih.gov))**

When eating out at a restaurant order something small. Try a half-portion or a healthy appetizer. If you order a large meal, take half of it home or split it with someone else at the table. Try not to eat fast-food often and when you do, decline any offers to upgrade or supersize your meal. Stay away from breaded, battered, or fried meats and instead, choose a grilled option.



### **Tips for Eating Healthy at Home ([nih.gov](https://www.nih.gov))**

Set aside time for eating meals. Eating in front of the TV or while you are busy with other activities can cause you to lose track of what you are eating and how much you are eating. It takes your brain about 20 minutes to get the message that your stomach is full, so try to eat slowly to give your brain enough time to tell you that you are full.



### **Team Up for Gardening ([parents.com](https://www.parents.com))**

Kids are great at digging up dirt, so let them turn over the soil and help you plant new bulbs. Research shows that gardening is as good as weight training when it comes to preventing osteoporosis, and if you're planting vegetables, it can make them more appetizing to kids.



### **Did You Know? ([nih.gov](https://www.nih.gov))**

Eating breakfast every morning can help your teenager do better in school. It also helps maintain healthier weight. A good, balanced breakfast can help you increase your memory, keep you focused, and feel rested.



### **Teach Your Children About Healthy Eating ([usda.gov](https://www.usda.gov))**

Go grocery shopping with them. As you're shopping, talk about where each food item comes from and teach them about which foods are healthy and which are not. Encourage your child to choose their favorite fruit and vegetable to add to the cart.



### **How to Cut Back on Your Screen Time ([nih.gov](https://www.nih.gov))**

Screen time not only includes watching TV but also playing video games or being on your cell phone. Limit the amount of time watching TV by taping your favorite shows and only watching one per day. Try setting up a phone-free time for your family and spend this time playing games or being physically active together. Turn all electronics off at a certain time at night to avoid screen time right before bed.



### **Sleep Better, Feel Better ([kidshealth.org](https://www.kidshealth.org))**

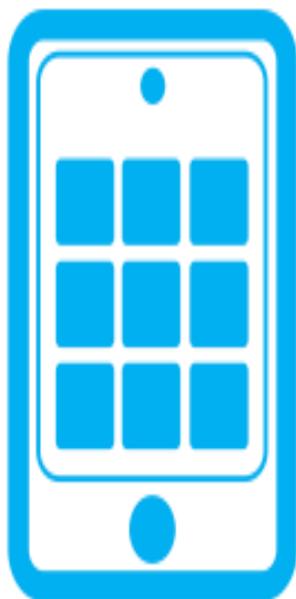
Kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges. Children (ages 5 to 12) need about 9 to 11 hours of sleep a night. Teens need at least 8.5 to 9.5 hours of sleep.



### **Plan Exercise as a Family Activity ([parents.com](https://www.parents.com))**

Go for pre- or post-dinner walks. Whether you head into town or just cruise the neighborhood, building a walk into your daily schedule ensures that it won't get put off.

## App. Spotlight



**MapMyRun** is an app which allows you to keep track of how long and how far you are jogging or walking. You can log your workouts and see how much you have improved. There is also a section where you can log the food you eat each day to see how many calories you have eaten and how many you have remaining. The app also allows you to connect with friends and, if you want, keep them updated on your progress.

**MyPlate** was created by Michelle Obama and Agriculture Secretary Tom Vilsack as a tool to help people eat healthier. The app allows you to log the food you eat each day and shows you how many calories you have eaten and how many you have remaining. The app also categorizes each food into the five food groups to make sure your diet is well-rounded and contains the proper amount of each food group.

**NFL Play 60** was created by the American Heart Association and the NFL with the intention to incorporate physical activity into an app on your phone. The object of the game is to collect coins to buy cool NFL gear and power-ups for your character. To do this, you must run, jump, and turn while holding your phone to make your character move. Intended for kids ages 9-11, this app is a great way to get kids moving.

**Monster Heart Medic** is a highly engaging and educational app that teaches children about the cardiovascular system with tips on staying healthy. This video game-like environment is so interactive and fun, players won't realize they are learning!

**Endomondo** is the perfect motivator to get you moving more. Users start by taking a fitness test to assess your fitness level, and then the app makes a suggested plan based on your favorite forms of exercise. Endomondo uses the GPS on your smartphone to track fitness activities from walking to running (and yes, even cross country skiing). In the middle of a workout, Endo (the app's virtual trainer) chimes in to tell you if you're about to set a personal record or if you should pick up the pace. There's also a community aspect to the app where you can challenge friends to different activities and cheer them along as you follow their progress.

**HealthyOut;** When it comes to choosing what's for dinner, it always feels like you need to make a choice between eating out or eating healthy. But this app proves there can be a balance between the two. Just plug in your address and add filters for dietary restrictions, cuisine, ingredients, and even the type of dish you're looking for. Then the app will offer dozens of restaurants to choose from and even note the healthiest food on the menu.

**ShopWell** takes the mystery out of staring at nutrition labels. (Sure, this says it's low sodium, but is it low enough for me?) ShopWell users create personal profiles with their age, gender, health goals, things they find important to their diet, things they want to avoid, and things they're allergic to. Then head to the nearest grocery aisle and start scanning barcodes. The app will give each item a score—avoid foods with low scores and scoop up the ones closest to a perfect 100.

**Sleep Bug;** Can't fall asleep to the sound of noisy neighbors or honking cars? Sleep Bug is the perfect on-demand white noise machine. Get transported to the beach, a zen garden, or the middle of a jungle with the push of a button. There's also a custom timer and even the ability to add noises—like rain or a whale's call—to the scene.