

# Guidelines for Healthy Weight

## 1. Drink Healthy!

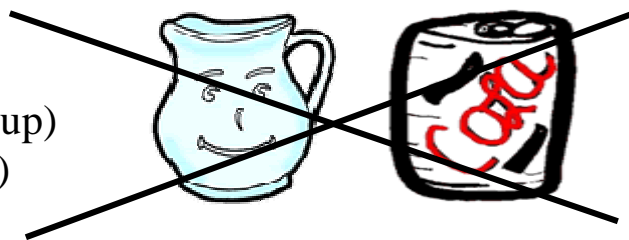
Use 1% or skim milk

Limit milk to 2-3 cups per day (8 ounces/cup)

Limit juice to 1 cup per day (8 ounces/cup)

Drink lots of water

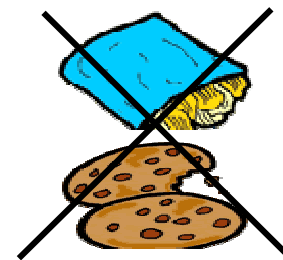
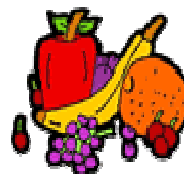
Avoid soda, sweet tea, or sweetened fruit drinks (Kool-Aid, Hi-C)



## 2. Snack Healthy!

Eat snacks like fruits, vegetables, low-fat yogurt, pretzels, unbuttered popcorn

Avoid cookies, candy, cakes, chips



## 3. Cook healthy!

Serve chicken, turkey, fish, or beans

Bake, broil, boil, or steam foods.

Avoid frying



## 4. Shop healthy!

Remember – you and your child only eat what you buy



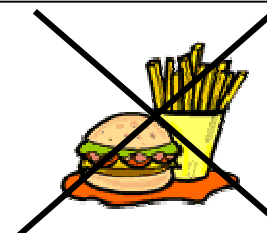
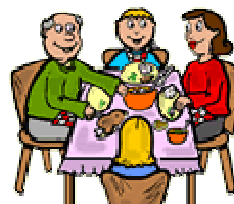
## 5. Eat healthy!

Eat family meals together

Do not force yourself to finish all your food

Avoid eating in front of the TV

Do not eat fast food more than 1 time per week



## 6. Move healthy!

Try to get some exercise everyday

Exercise with someone

Make use of public parks

Park farther from the store

Get off the bus one stop early

Take the stairs

Limit TV, computers, and video games to 1-2 hours a day

