



Strategies to Help You & Your Child Be Healthy

1. DRINK SKIM OR LOW-FAT MILK.

- Choose skim or low-fat milk (except for children under 2).
- Change slowly from whole milk to 1% or skim.

2. LIMIT SUGAR-SWEETENED DRINKS.

- Choose water as your #1 beverage for the whole family.
- Buy less soft drinks like soda, fruit drinks, or sweet tea.

3. LIMIT FRUIT JUICE—JUICE IS HIGH IN CALORIES.

- Offer juice in small quantities and only once a day.
- Mix juice with an equal amount of water.
- Choose 100% juice instead of fruit punch, juice cocktail, or juice blends.

4. EAT A HEALTHY BREAKFAST EVERY DAY.

Choose one of each:

- GRAIN, like low-sugar cereal or toast
- FRUIT, like bananas or raisins
- PROTEIN, like low-fat milk, cheese, yogurt, or peanut butter

5. ENCOURAGE YOUR CHILD TO EAT JUST ENOUGH TO SATISFY HUNGER.

- Serve smaller portions and allow seconds of healthier foods.
- Don't insist that your child clean his/her plate.
- Think about whether your child is really hungry or eating for other reasons.

6. LIMIT "JUNK FOOD" SNACKS.

- Keep healthy foods available for snacks, instead of cookies, candy, and chips.
- Bring healthy snacks with you when you go out.

7. ENJOY MORE FRUITS AND VEGETABLES.

- Choose frozen and canned fruits and vegetables if fresh costs too much.
- Cut them up and make them easily available on the table or in the fridge.
- Keep trying new fruits and vegetables and let your child choose—sometimes you have to try up to 10 times for success.

8. EAT TOGETHER AS A FAMILY AT LEAST ONCE A DAY.

- Serve healthy food at this meal and make it a happy family time.
- Eat away from the television.

9. EAT OUT LESS.

- Limit eating out to once per week.
- Choose restaurants with healthier options, and avoid all-you-can-eat places.

10. MOVE MORE—AIM FOR AT LEAST 1 HOUR OF ACTIVE PLAY A DAY.

- Choose active toys.
- Play active games with your child inside and outside.
- Make helping with household chores a fun activity for your child.

11. LIMIT TV AND OTHER SCREEN TIME (COMPUTERS, ETC.) TO NO MORE THAN 2 HOURS PER DAY.

- Exercise during commercials when you do watch.
- Keep the TV out of your child's bedroom.
- Limit eating in front of the TV and don't let the ads tempt you to eat.

12. MOVE MORE—GO OUTSIDE AND PLAY AT LEAST 5 DAYS A WEEK.

- Plan outside play time.
- Work and play outside on the weekends—include neighborhood children.
- Start your own outdoor family fun day—play basketball, soccer, or catch.

