

5 Eat at least five fruits & vegetables a day.

5210 Every Day!
5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function. Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They may also contain phytochemicals (fight-o-chemicals) that work together with fiber to benefit your health in many ways. Different phytochemicals are found in different fruits based on their color—that's why it's important to put a rainbow on your plate.

TRY IT!

- ★ Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- ★ Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- ★ Make a fruit smoothie with low fat yogurt.

MIX IT!

- ★ Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- ★ Add fruit to your cereal, pancakes, or other breakfast foods.
- ★ Be a good role model for your family and have at least one veggie at every meal.

SLICE IT!

- ★ Wash and chop veggies and fruits so they are ready to grab and eat.
- ★ Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

FAMILY MEALTIME

- ★ Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- ★ Get your family involved with meal planning.



WHAT IS A SERVING?

Adults

- 🍏 A whole fruit the size of a tennis ball
- 🍏 1/2 cup of chopped fruit or veggies
- 🍏 1 cup of raw, leafy greens
- 🍏 1/4 cup of dried fruits

Kids

- 🍏 Size of the palm of their hand

PUT LIMITS ON JUICE

- 🚫 Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.
- 🚫 Always try to choose whole fruits over juice.
- 🚫 If you choose to serve juice, buy 100% juice.
- 🚫 Make changes slowly by adding water to your child’s juice.
- 🚫 Try mixing seltzer with a small amount of juice.
- 🚫 Each day, juice should be limited to: 4-6 ounces for children 1-6 years old; 8-12 ounces for children 7-18 years old; Children 6 months and under should not be given juice

OFFER NON-FOOD REWARDS

Have your family put together a list of fun, nonfood rewards that don't cost much. Post it where the whole family can see it. Examples: playing outdoors, a family game night, going to a ball game, buying a new book, extra reading time before bed.

BE A ROLE MODEL:

- Snack on fruits and veggies ❖ Have the family help plan meals

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Limit recreational TV or computer use to two hours or less.

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⇒ Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.

- ⇒ Watching TV is associated with more snacking and increased obesity.
- ⇒ Too much TV has been linked to lower reading scores and attention problems.
- ⇒ Healthy Screen Time:



- No TV/computer under the age of 2
- No TV/computer in the room the child sleeps
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, 2 hours or less

LIFE IS LOTS MORE FUN WHEN YOU JOIN IN! TRY THESE ACTIVITIES INSTEAD OF WATCHING TV.

Ride a bike
Go on a nature hike
Put together a puzzle
Turn on the music and dance
Read a book or magazine
Spend time catching up with your family
Take your kids to the park or beach
Play board games



Walk, run, or jog
Start a journal
Play ball (basketball, catch, soccer, etc.)
Go to the library
Explore gyms in your community
Rollerblade
Charades
Sled, ski, or snowshoe

TAME THE TV AND COMPUTER!

- ✓ Participate – keep TVs, computers, DVD players, and video games out of your child's room.
- ✓ Having the TV in a common room makes watching a family activity.
- ✓ Watch TV with your child and discuss the program. Ask them questions and express your views.
- ✓ This will also let you know what your children are watching.

SET LIMITS – KNOW HOW MUCH TV YOUR CHILD IS WATCHING.

- ✓ Set some basic rules such as no TV or computer before homework or chores are done.
- ✓ Do not watch TV during mealtime.
- ✓ Use a timer. When the bell rings its time to turn off the TV or eliminate TV time during the week.

HELP YOUR CHILD PLAN TELEVISION VIEWING IN ADVANCE.

- ✓ Keep books, magazines, and board games in the family room.
- ✓ Make a list of fun activities to do instead of being in front of a screen.
- ✓ Set family guidelines for age-appropriate shows.

BE A ROLE MODEL.

Because children model behavior, set a good example with your own TV viewing habits. ❖ Avoid watching programs containing adult content when your child is in the room or nearby. ❖ Have the family help with dinner. It gets them involved and shows them helping is important. ❖ Put on music and let the kids dance.

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Get one hour or more of physical activity every day.

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One hour of moderate physical activity means doing activities where you breathe hard like hiking or dancing. 20 minutes of vigorous physical activity means doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

MOVE AN HOUR EVERY DAY!

Encourage at least an hour of daily physical activity...for kids and adults!

USE PHYSICAL ACTIVITY AS A REWARD

- ✓ Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behavior.
- ✓ After your child has earned a small number of stars, give him or her a reward.
- ✓ Give your child extra play time before or after meals as a reward for finishing homework.
- ✓ Avoid giving your child extra time in front of the screen as a reward.
- ✓ Choose fun, seasonal activities.
- ✓ Encourage your child to try a new sport or join a team.

LET PHYSICAL ACTIVITY BE FREE AND FUN!

- ✓ Take a walk with your family
- ✓ Play with your pet
- ✓ Play tag
- ✓ Take a bike ride (remember to wear your helmet)
- ✓ Turn on music and dance
- ✓ Jump rope
- ✓ Play Frisbee
- ✓ Take the stairs
- ✓ Park the car at the end of the parking lot
- ✓ Make snow angels



MAKE PHYSICAL ACTIVITY EASIER.

Make gradual changes to increase your level of physical activity.
Incorporate physical activity into your daily routines.
Try tracking the level of your physical activity using a pedometer.
Turn off the TV and computer and keep them out of the bedroom.

Limit recreational computer time.
Choose toys and games that promote physical activity.
Encourage lifelong physical activity by incorporating physical activity into your routine.
Keep physical activity fun!!

BE A ROLE MODEL.

Use a pedometer. ❖ Take a walk after dinner.



Drink less sugar. Try water & low fat milk instead of soda and drinks with lots of sugar.

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Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories. Many sodas also contain caffeine, which kids don't need. Energy drinks are NOT sports drinks and should never replace water during exercise.

ENCOURAGE LOW FAT MILK INSTEAD OF SUGAR-SWEETENED DRINKS.

According to the national dairy council:

- ✓ Children ages 4-8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- ✓ Children ages 9-18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

The recommendation is that children over the age of two drink low fat milk. Gradually make the change from whole milk to low fat milk.



WATER IS FUEL FOR YOUR BODY:

Water is the most important nutrient for active people.

Between 70-80% of a child's body is made up of water.

When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.

Water is the #1 thirst quencher!

Keep bottled water or a water bottle on hand.

Add fresh lemon, lime, or orange wedges to water for some natural flavor.

Fill a pitcher of water and keep it in the fridge.

Drink water when you're thirsty. It's the best choice.

Cut back slowly on sugar-sweetened drinks.

Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

PUT LIMITS ON JUICE

- ✓ Juice products labeled "-ade," "drink," or "punch" often contain 5% juice or less. The only difference between these "juices" and soda is that they're fortified with Vitamin C.
- ✓ Always try to choose whole fruits over juice.
- ✓ If you choose to serve juice, buy 100% juice.
- ✓ Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old
 - 8-12 ounces for children 7-18 years old
 - No juice for children 6 months and under
- ✓ Make changes slowly by adding water to your child's juice.
- ✓ Suggest a glass of water or low fat milk instead of juice.



BE A ROLE MODEL:

Grab a glass of water instead of soda. ❖ Try mixing seltzer with a small amount of juice.

EVERY DAY

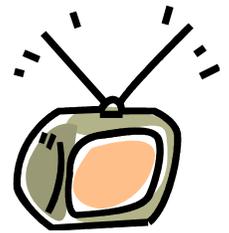
Eat fruits & vegetables at least **5** times



- Eat a fruit or vegetable at every meal.
- Eat a healthy breakfast & include fruit on your cereal.
- Wash & chop them ahead of time so they are ready to eat.

Limit TV & other screen time to **2** hours or less

- Keep the TV out of your bedroom.
- Turn off the TV and enjoy a family meal together.
- Plan what you want to watch.



Enjoy **1** hour or more of active play

- Play outside and have fun with your friends.
- Take a family walk after dinner.
- Walk while talking on your cell phone.



Restrict soda & sugar-sweetened drinks

- Instead, encourage water & 2-4 servings of fat free milk.
- Limit fruit juice to half cup or less.
- Read drink labels before you buy them.

