

Get Healthy Together

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**“I Would
Like
To Talk
About....”**



**Playing Together
As A Family**



**Enjoying
Family Meals**



**Eating Fruits
& Vegetables**



**Watching
Less TV**



**Choosing Healthy
Beverages**



**Eating A Healthy
Breakfast**



**Offering
'Child-Sized'
Portions**

More Physical Activity

Recommendation: 60 minutes per day structured activity & free play.

- Free play, indoors or outdoors, helps your toddler learn social, leadership, motor and physical skills needed to enter school.
- Regular activity will help your child's brain develop. He/she will achieve a healthy weight, better concentration skills, and less depression.

Family physical activity, like a 10-minute walk-and-talk, is very popular with children.

Enjoying Family Meals

Recommendation: Eat family meals together 3 times per week.

- Eating together 3-6 times per week as a family (with no TV on) will help your child(ren) have:
 - Higher self-esteem and less depression,
 - Reduced risk of drug, alcohol and tobacco use,
 - Healthier weight.

Family meals help encourage communication and trust between parents and children and reduce family conflict.

Eating Fruits & Vegetables

Recommendation: 1½ cups of fruit and 2½ cups of vegetables every day.

- Eat a fruit or a vegetable at every meal.
- Choose more dark green and orange vegetables.
- Choose different color fruits and vegetables to get the right mix of nutrients.

Try all kinds of fruits and vegetables — fresh, frozen, canned or dried.

Watching Less TV

Recommendation: 1-2 hours / day for children 2-18 yrs, 0 hours / day for toddlers age <2 yrs.

- Create a daily TV Budget for family. Each time TV is watched, subtract the minutes from the budget. Once you hit "0," no more TV!
- Each member of the family creates a TV program schedule for the next week.
- Ideal TV Time = < 14 hrs / week

Have kids create a list of activities they would do instead of TV. Work with them to do the activities.

Choosing Healthy Beverages

Recommendation: Limit juice to 1 cup per day. Choose low fat or skim milk.

- Choose low fat milk and water as your primary beverages.
- Make sure you choose 100% juice.
- Keep sodas and sweetened beverages for special occasions.

Your body treats liquid calories the same as solid calories — lots of high calorie drinks can pack on the pounds!

Eating A Healthy Breakfast

Recommendation: Eat a healthy breakfast every day.

- Choose whole grains: toast, oatmeal, cereal with skim milk.
- Choose fresh fruit or 100% juice.
- Choose a healthy protein: egg, peanut butter, etc.

Offering 'Child-Sized' Portions

Recommendation: Once your child can use a spoon, let him/her serve their own food.

- A serving for your child is about the size of his/her fist.
- Parents provide healthy food, children choose what foods to eat and how much to eat from what is served at the meal.