



Healthy Habits for the Whole Family

Eat plenty of fruits and vegetables. Choose fresh or frozen fruits and vegetables or canned fruits and vegetables that are low in added sugar (canned in water or 100% juice) and added salt.

- ❖ Eat an apple or a kiwifruit for a snack instead of chips or cookies. Another great snack is carrots or green pepper strips with low fat ranch dressing.
- ❖ Add a little water to frozen broccoli, carrots, or corn. Put the vegetables in the microwave for a few minutes and then enjoy them with lunch or dinner!
- ❖ Eat a banana or drink a 6 oz. glass of 100% orange juice with breakfast.

Eat whole grains. To find whole grains, read the ingredient list. Look for the words “whole” or “whole grain” before the name of the first ingredient on the list. You can also check the food label. Look for whole grain foods that have at least 2 grams of fiber per 100 calories.

- ❖ Eat a whole grain cereal like Cheerios, Wheaties, Raisin Bran, Shredded Wheat, Wheat Chex, or oatmeal for breakfast.
- ❖ Use brown rice instead of white rice.
- ❖ Make sandwiches using whole wheat bread.

Drink 1% or skim milk. Children *over the age of 24 months* and adults can drink low fat milk. To make the switch easier for your family, mix whole or 2% milk with 1% or skim milk until you get used to the taste.

Drink more water. You can help children enjoy water by giving it to them in their own special water bottle.

- ❖ Add sliced lemons, limes, oranges or frozen cubes of 100% juice for flavor.
- ❖ Use water to replace high sugar drinks like soda, fruit drinks, and Kool-Aid.
- ❖ Offer your child 1% or skim milk or 100% juice with meals only and water between meals.

Eat meals together. Try to eat meals together whenever you can. Children who eat with their family grow up with better eating habits.

Be active every day. Physical activity is important for healthy bodies and minds. Physically active children and adults learn better, sleep better, and feel better. Children need at least 60 minutes of physical activity every day.

- ❖ Go for a walk or hike.
- ❖ Dance to music.
- ❖ Clean or do yard work - children can help! Always observe children to make sure that they are not close to machinery (i.e. lawnmower) or cleaning chemicals.

Set limits on screen time (TV, video games, and computers). Your preschooler should watch *no more than 2 hours* of educational, non-violent television a day. TV is not recommended for children age two or younger because it can impair early brain development.

- ❖ Turn the TV off during mealtimes and take TV sets out of bedrooms.
- ❖ Get up and move around during commercials. This will cut down on the number of commercials your child sees – this means that your child will pester you less in the grocery store to buy the unhealthy foods that are advertised on TV!