

Healthy Eating

10 Healthy Lifestyle Tips

1. Always eat a healthy breakfast.
2. Select snacks that are low in fat, sugar and salt (i.e. carrots, hummus, yogurt, fruits, pretzels).
3. Follow MyPlate for portion sizes (Choosemyplate.gov).
4. Drink water and low-fat milk; limit juice and avoid sweetened beverages and sports drinks.
5. Eat more fresh fruit and vegetables and less processed foods.
6. Eat meals together as a family, and limit meals outside the home.
7. Avoid candy, cakes and sweetened cereals.
8. Exercise for at least 60 minutes a day.
9. Limit screen time to two hours or less each day (TV, video or tablet and computer games).
10. Aim for eight hours or more of sleep each night.

For more healthy family eating tips, go to CHKD.org/HealthyYou.

Your child's pediatrician should be your primary source of advice about your child's health.

Teach healthy eating habits.

Be a good role model.

This is the most important tip of all for parents. Studies have shown that children learn their eating and exercise habits from their parents.

Have a healthy breakfast.

Breakfast eaters tend to eat healthier throughout the day, are more physically active, consume more vitamins and minerals, have better concentration and problem solving skills, and maintain a healthy weight.

Offer a variety of healthy foods and snacks.

- Encourage your children to try new fruits and vegetables.
- Make it easy to reach for a piece of fruit or raw vegetables at snack time.
- Limit junk foods. Chips, cookies and candy are empty calories with little or no nutritional value. Offer them for special occasions only.

Choose drinks wisely.

Water and low-fat milk are best. Use 1 percent or skim milk for children 2 and up. Discourage sweetened drinks such as soda, sports drinks and drinks made from powdered mixes. These are mostly sugar. Children under age 1 should not be given fruit juice unless advised by pediatricians. Only serve drinks that are 100 percent juice and limit serving size to at most, 4 ounces for children 1 to 3 years, 4 to 6 ounces for children 4 to 6 years, and 8 ounces for children over 7 years.

Use fats and oils sparingly.

Limit fried foods. Bake, broil, grill or steam instead. Cook with as little fat as possible (use non-fat cooking sprays). Choose olive or canola oils. Avoid butter or margarine as a seasoning or spread. Use low-fat salad dressings.



Limit eating out.

On average, restaurant food has 55 percent more fat and calories than food prepared from scratch at home. Fast foods also tend to be higher in salt. If you do opt for fast food, avoid the “super sizes.” Select the foods that are grilled, baked or broiled. If possible, purchase a salad or fruit cup to help fill you up instead of french fries or other fried foods.

Read food labels.

Become familiar with ingredients and recommended serving sizes. Some packages that look small enough to serve only one person actually contain two or more servings.

Follow the recommendations of the MyPlate food guide.

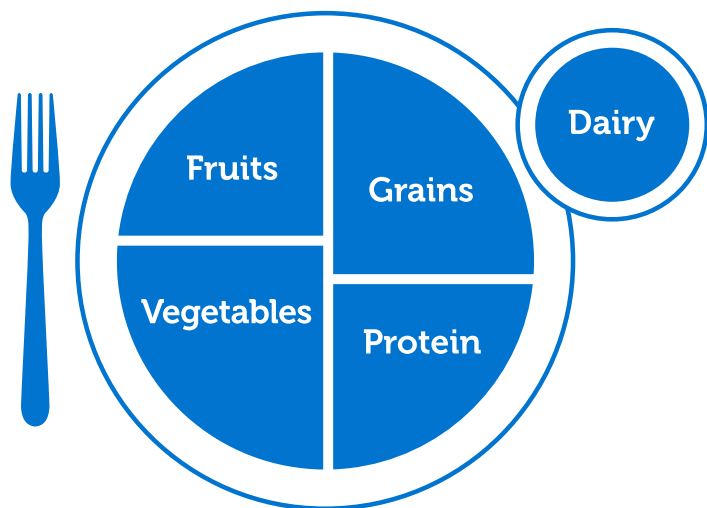
Eat the following amounts from each food group per day:

	2-3 years	4-5 years	6-8 years	9-12 years	teens
milk	2 cups	2-3 cups	2-3 cups	3 cups	3 cups
meat/protein	2-3 oz	3-5 oz	3-5 oz	4-6 oz	5-6 ½ oz
vegetables	1-1½ cup	1½-2 cups	1½-2 cups	1½-3 cups	2-3 cups
fruit	1-1½ cup	1-1½ cup	1½-2 cups	1½-2 cups	1½-2 cups
grains	3-5 oz	4-5 oz	4-6 oz	5-6 oz	5-8 oz
oils	3-4 tsp	4-5 tsp	4-5 tsp	4-6 tsp	5-7 tsp

Divide your lunch and dinner plate to include half of the plate with fruit and vegetables, a quarter with protein and a quarter with grains. Include three servings of low-fat dairy each day.

Eat only when hungry.

People often have a hard time noticing their own feelings of hunger and fullness, which can lead to weight problems. Don't make your children finish all the food on their plates. Allow them to eat when hungry and stop eating when full.



Learn to recognize healthy portions.

One serving of meat or meat substitute is about the size and thickness of the palm of your hand. A small fist or half cup is equal to one small serving of fruit. One serving of vegetables is a half cup. One serving of cereal is three-fourths to one cup. One serving of pasta is a half cup.

Pay attention to serving sizes.

Toddlers need only a fraction of adult portions. Make sure portions are age-appropriate. And remember, eating super-size portions may lead to weight gain.

Don't use food as entertainment or comfort.

Children absorbed in TV shows can overeat without even realizing it. Watching TV can trigger thoughts of snacking when a child isn't even hungry. Help your child recognize their feelings and express them in healthy ways. Offer alternative activities for entertainment and offer support when your child needs comfort. Avoid using food as a reward.

Get moving.

Help your child find a sport or activity that she likes and encourage her to do it daily. Sixty minutes of exercise every day is the goal, but even a little movement is better than none. Walk, bike, skate, swim, jump rope, take the stairs, play basketball, dance. Just keep moving!

Increase self-esteem.

Stay positive. Focus on your child's special qualities, strengths and efforts. Reinforce good eating and exercise habits with positive attention, support and praise.