

Help Your Child Be Healthy



Make family time activity time

- Take family walks after dinner.
- Do yard work together.
- On the weekends plan an activity. Try hiking, biking, swimming, walking, or going to a park or playground.
- Activity helps build strong muscles and bones. It helps the lungs and heart to stay strong too!

Make meal times part of the plan

- Serve water or milk at mealtimes. Flavored low-fat milk is OK.
- Limit sodas and high sugar drinks. These are empty calories that children's bodies do not need.
- Children age 1-6 should have only 4-6 ounces of 100% fruit juice per day; older children should only have 8-12 ounces.
- Set a good example for your children by eating healthy. Healthy eating is a gift that you give to your children.



Make TV watching a family decision

- Turn off the TV during meal times.
- Limit TV watching to 1-2 hours per day.
- Cutting down on TV has a positive impact on children's health.
- When the TV is off your child will have more time to be active.
- Set time limits you can live with.

Changing your family routine

- Make small changes and allow time for them to become habits.
- Parents are the best role models for children.
- What parents do and say is still the strongest influence on children.
- Say what you mean and do what you say.



Kids Need To Be Active Every Day

Children need 60 minutes of activity each day to be healthy!

Activity minutes can be added up during the day. They don't have to be done all at once
Easy ways to be active include:

- Walk
- Bicycle
- Snowshoe
- Jump rope
- Skateboard
- Play in the yard
- Dance
- Hike
- Play in the snow
- Swim
- Ice skate



Reduce "Screen" Time

- If your family is not ready to become active you can start by reducing time spent watching TV, being on the computer, and playing video games, also called "screen" time.
- Children need to experience their world to understand it. TV can get in the way of exploring, learning, and spending time playing with parents and friends. Family time is important to children of all ages. Replace some of your family 'screen time' with reading, puzzles, crafts and projects around the house.
- An easy way to start watching less TV is to turn off the TV at dinnertime. This is a great time to talk to your children and bond as a family.



Infants and Toddlers

- Infants and toddlers need human interaction for proper brain growth.
- They get stronger and smarter when they have safe areas to explore and use their bodies. TV does not give them the human interaction they need.
- Place your baby on her tummy on a clean, flat surface and play with her. Put toys or a mirror where she can see or reach for them.
- Toddlers love to be active but need to be closely watched to make sure they are safe. Letting them be active now will help their bones and muscles grow strong.

Kids Need Nature Play

Does it make a difference how children play? Is it better for children to play outdoors, making mud-pies, catching bugs and worms, and exploring the natural environment than to always be indoors? The answer is **yes!**



- Children who regularly play in natural environments show better large muscle fitness (running, jumping, climbing, coordination, and balance) and are sick less often.
- Children that have contact with nature score higher on tests of concentration and self-discipline.
- Play in nature helps children learn to handle conflict, take turns, try new things and develop friendships.
- When children play in nature they use their imagination more, become more independent, and cooperate more with others when they play.
- Time in nature helps children deal with stress, recover from illness quicker, and feel better about themselves.



At first kids may need ideas about what to do outside, but over time they will use their imagination, especially if they play without adult direction.

Always stay nearby to keep them safe – but let their curiosity help them decide how to explore and play in nature.

The next time your children want to turn on the TV or play a video game, have them play outside instead! It's better for their bodies and their brains!

Adapted with permission from *Interaction with Nature during the Middle Years: It's Importance in Children's Development and Nature's Future*, by Randy White of White Hutchinson Leisure & Learning Group
www.whitehutchinson.com/children/articles/nature.shtml

"More Peas, Please!"

Great ideas to get young kids started on a fruit and veggie habit



Copy Cats

Children love to copy you. Be a role model for your child. Eat a variety of fruits and veggies every day.

Keep Them "In Sight"

It's hard to eat fruits and vegetables if they're not in the house.

- Buy a few extra fruits and veggies this week.
- Let your child pick out some favorites or something new at the farmers' market or grocery store.
- Put a bowl of fruit on the table.
- Keep carrot and celery sticks in a clear bag or dish in the refrigerator.



Keep It Simple

Kids like to know what they are eating. Let your child mix the foods if he or she wants.

Go for Color

Offer a variety of colors every day – blues, greens, purples, reds, oranges, yellows, whites and browns. Try:

- Blueberries with breakfast cereal
- Orange carrot sticks for a snack
- Red tomato sauce on pasta with white cauliflower at lunch
- Purple grapes for a snack – or raisins
- Green beans and yellow corn at dinner

Offer Dips or Dressings

Many veggies and fruits taste great with a dip or dressing. Try:

- Cantaloupe or honeydew melon with low fat or fat free lemon yogurt
- Carrot sticks and green peppers with low fat salad dressing
- Fruit and berries with instant pudding made with skim milk



Try Something New

Help your kids try new foods.

- Believe they will eat it.
- Start with a small amount.
- Use your child's favorite foods to complete the meal.
- If they don't like the new food on the first, second, or third time, try again and again. It may take ten or more tries.

Go for the Crunch

Serve your children raw slices of apples, pears, carrots, celery, radishes, sugar snap peas, green beans, cucumbers, bell peppers, broccoli or cauliflower. Kids love the crunch!

Cook Them

Tender-Crisp

Strong smells, drab colors, and mushy veggies can turn kids off. Try steaming or microwaving them for a few minutes. They should be firm – not mushy.

Keep It Smooth

Most kids don't like round, bumpy mystery objects in their mashed potatoes.

Little Helpers



Kids will gobble up the foods they make. Let them:

- Help wash, peel and mix.
- Help make a salad.
- Make a face, a rainbow or picture from cut up fruits and veggies. Serve it with a low fat dip.
- Help cook these recipes ↓.

Trees in a Broccoli Forest

Makes 1 serving Adapted from <http://www.dole5aday.com>

¼ cup each: carrots, broccoli, and cherry tomatoes

Low Fat Dip: Mix all ingredients.

- ¼ cup plain nonfat yogurt
- ¼ cup nonfat sour cream
- 2 teaspoons spicy brown mustard
- 2 teaspoons honey



Nutrients per serving: 152 calories, 10 grams protein, 32 grams carbohydrate, 1.7 grams fiber, 0.2 grams fat, 1% calories from fat, 0 grams saturated fat, 0% calories from saturated fat, 11 milligrams cholesterol, 403 milligrams sodium.

Oven Wedge Fries

Ask your kids to help cook this quick recipe. The potatoes can be cooked in the oven or on the grill.

Makes 4 servings

2 large potatoes (or sweet potatoes)
1 teaspoon olive or vegetable oil

- Preheat oven to 450° F.
- Scrub potatoes well. Cut into wedges the size and shape of pickle spears. Dry them on a paper towel.
- In large bowl, toss potatoes with oil until covered.
- Spread the potatoes on a baking sheet.
- Dust them with paprika, parsley or one of these:
 - Low sodium spice mix ★
 - Parmesan cheese ★
 - 2 cloves of garlic, finely chopped ★
 - Cayenne red pepper or chili powder ★
- Bake for 20-30 minutes or until fork-tender. Or, cook them in a wire basket on the grill.



Nutrients per serving (made with white potato): 151 calories, 3 grams protein, 32 grams carbohydrate, 3 grams fiber, 1 gram fat, 8% calories from fat, 0.2 gram saturated fat, 1% calories from saturated fat, 0 milligrams cholesterol, 10 milligrams sodium. ★ Seasonings not included in analysis.

Nutrients per serving (made with sweet potato): 92 calories, 1.8 grams protein, 19 grams carbohydrate, 3 grams fiber, 1 gram fat, 13% calories from fat, 0.2 gram saturated fat, 2% calories from saturated fat, 0 milligrams cholesterol, 32 milligrams sodium. ★ Seasonings not included in analysis.

How Many Fruits and Veggies Do Kids Need?

The number of cups for your child depends on his or her age, sex, and activity level.

Total Cups per Day of Fruits and Veggies

Girls

Age	Cups per Day
2-3	2 cups
4-8	2½ to 3 cups
9-13	3½ to 4 cups
14-18	4 to 5 cups

Boys

Age	Cups per Day
2-3	2 cups
4-8	3 to 3½ cups
9-13	4 to 4½ cups
14-18	5 to 6 cups

Guidelines

- Fill half your child's plate with fruits and veggies at every meal.
- Make fruits and veggies the first choice for snacks.

What Fruits and Veggies Count?

- Fresh
- Frozen
- Canned
- Dried
- 100 percent juices
- Beans

How Much Juice?

Too much juice puts your child at risk for cavities and being overweight. Limit daily fruit juice to:

- For 1 to 6 year olds, 4 to 6 ounces
- For 7 to 18 year olds, 8 to 12 ounces



Balance Calories and Activity

Calories are the energy your body gets from food. It's important to balance the calories you eat with the calories you use. The chart below shows how many calories are burned by different activities, foods that are equal the calories burned, and then a healthier choice that equals the same calories.

90 Minutes Doing These Activities	Calories Burned	Common or Favorite Food Choices	Better Choice
Watching TV	90	7 potato chips	1 apple and a slice of cantaloupe
Skateboarding	443	1 egg and meat breakfast sandwich	2 bowls of cereal with 1% milk
Walking (brisk pace)	525	2 donuts	4 pancakes with syrup
Basketball Biking (fast pace)	540	1 large serving of french fries	4-5 oz. grilled chicken breast, cup of rice, green beans, and 8 oz. of milk
Swimming	675	3 slices meat pizza (1 slice = 1/8 of a 12" pizza)	1 regular sized wrap sandwich, 1 oz. bag baked potato chips, small chocolate chip cookie
Soccer (competitive play or game play)	690	2 mall store pretzels - no dip	2 tacos (made with ground turkey), cheese, lettuce and salsa, cup of rice, salad with low fat dressing, and a half cup of ice cream
Running (moderate pace 10 mph)	850	6 ounces tortilla/corn chips	spaghetti with meatballs, 1 breadstick, and an apple

Things to Think About

- How are the common food choices different than the better food choices?
- Which choices would make you feel fuller?
- Which common foods are higher in calories?
- What kinds of activities use the most calories?

Eat Right to Feel Your Best



You don't have to give up your favorite foods to eat healthy. Sometimes you can make a small change and still enjoy the foods you love.

Eating healthy gives your body more energy and strength. It also helps your brain work better. Making substitutions to what you eat is an easy way to boost your energy without giving up the foods you love.



If you usually eat these foods . . .

Give these foods a try



Whole Milk	1% or 2% milk
Milk Shake	Fruit Smoothie
20 oz soda	12 oz soda
12 oz soda	Water or Milk
Sports drinks	Water
Bologna	Turkey, Chicken, Lean Ham
Hot Dogs	Low Fat Hot Dogs, Turkey or Chicken Hot Dogs
Fried Chicken	Baked Chicken No Skin
Fast Food Meal	Fast Food Meal with Salad instead of Fries
Fast Food Meal	Fast Food Meal with Water instead of Soda
French Fries	Baked Fries or Baked Potato
Hamburger	Turkey Burger or Small Hamburger
Pepperoni Pizza	Cheese or Veggie Pizza
Potato Chips	Baked Chips or Pretzels
Ice Cream	Low Fat Ice Cream, Sorbet, or Frozen Yogurt
Donut or Muffin	Bagel or Half of a Muffin (especially mega-muffins)

Great Ideas for a Healthy Halloween

Instead of Giving Candy Try

- Temporary tattoos or stickers
- Plastic rings or vampire teeth
- Halloween themed bracelets or hair ties
- Colorful pencils, erasers, or pencil toppers
- Small (4 - 6 oz) bags of pretzels or baked crackers
- Small boxes of dried fruit
- Sugar free gum
- Small granola bars
- If you want to give out candy, buy the smallest sizes possible.



Tips for Trick-or-Treat Night

- Make sure children have a healthy meal before they go out trick-or-treating.
- Remind children that it's not safe to eat candy until an adult has checked it and it is not safe to enter a stranger's home or car.
- Have children travel in groups with an adult. Adults should wear light colors and carry a flashlight to be seen.
- Help children to be seen by cars. Have them use flashlights, add reflective tape to costumes, and glow-in-the dark necklaces or bracelets. Children are four times more likely to be injured by a car on Halloween compared to any other night of the year.
- Encourage healthy eating but don't get into a battle over it. Allow children to eat some candy on Halloween night but set limits, for example, 5 pieces to eat over the next few days. Keep candy out of sight to cut down on the amount of candy children ask to eat.



Party - Halloween Style

Add Activities such as scavenger hunt, a costume parade, a sack race, pin the nose on the witch, and bob for apples.

Pumpkin Ring Toss Line up pumpkins spaced a few feet apart (the distance will depend on the age of the children). Have children take turns tossing a hula hoop. See whose hula hoop gets around the farthest pumpkin.

Craft Activities Shift the focus from candy to fun! Keep it simple - draw white ghosts on black construction paper with chalk, make spiders out of pom-poms and pipe cleaners, or draw jack-o-lanterns with black crayons on orange paper.



More party recipes and ideas on the next side →

Healthy Party Ideas – not just for Halloween!

Party Snacks

- Pumpkin dip for graham crackers. See recipe →
- Baked tortilla chips and salsa
- Carrot and celery sticks with low fat or yogurt dip
- Apple slices for cheese or caramel dip
- Orange wedges
- Spooky Spider Crackers. See recipe ↓

Pumpkin Dip

(from the Dannon Institute)
Mix together 3 tablespoons canned pumpkin, 1 cup low-fat vanilla yogurt, 1 tablespoon 100% orange juice concentrate, ½ teaspoon cinnamon and 1 tablespoon maple syrup.

Great with graham crackers!

Spooky Spider Crackers

Make a cracker sandwich using peanut butter or cream cheese. Insert 8 pretzel "legs" into the filling, four on each side. Spread a little peanut butter or cream cheese on top of cracker and place raisins on top for "eyes".



Party Drinks

Go back to basics. Water (monster slime), cider (beetle juice), and milk (ghost blood) are great choices for party drinks. Most children today don't drink enough milk and drink too many sweetened beverages.



Party Favors

At most parties kids get plenty of candy and sweets. Try party favors that help children stay active, be creative, and explore their world!



Active Favors

- Jump ropes
- Airplane gliders
- Yo-yos
- Paddle balls
- Beach balls

Creative Favors

- Side walk chalk
- Coloring books
- Paint-with-water books
- Puzzles
- Ribbon dance wands

Exploration Favors

- Magnifying glasses
- Bug nets
- Bug boxes
- Binoculars
- Nature journal

Holidays, birthdays, and other celebrations can be healthy **and** fun. Remember that these events are a time for children to play together, do activities, and crafts. With so many celebrations during the year, enjoy something from each one, but try to keep it simple.

This fact sheet was inspired by and used with permission from the Center for Science and Public Interest Halloween Fact sheet entitled, *Ghoulishly Great Ideas for Halloween Parties and Trick or Treating*, 2006.