



Give your children building blocks for a healthy lifestyle

by teaching them the importance of good nutrition and regular physical activity. Eating well and being physically active every day are keys to your child's health and well-being. Eating too many high calorie foods and getting too little physical activity can lead to excessive weight gain and physical health problems, such as type 2 diabetes and high blood pressure, now being diagnosed in children. Obesity also is associated with an increased risk of other health problems such as depression.

You play an important role in helping your child, and the entire family, learn about healthy eating and regular physical activity. Parents have the power to set examples and choose what is available in the home. Make healthy eating and daily physical activity fun to help children learn good habits to last a lifetime. It's also important to remember that just because your child doesn't have a weight problem does not mean they are healthy. Normal weight children who don't eat a balanced diet and get adequate physical activity may be at risk for health problems.

Tips to Get Started

- Encourage your family to eat at least 5 servings of brightly colored vegetables and fruits a day. You can start the day with 100% fruit or vegetable juice. Slice fruit on top of cereal. Serve salad with lunch and an apple as an afternoon snack. Include vegetables with dinner. When fresh fruits and vegetables are not available, frozen and canned (in their own juice or water) are great alternatives!
- Leave the candy, soft drinks, chips and cookies at the store and keep your home "safe". Substitute junk food with fruits, vegetables, nuts, and low-fat or nonfat milk products. Your child will soon learn to make smart food choices outside your home as well.
- Serve children child-sized portions and let your child ask for more if still hungry. Don't force children to clean their plates.
- Be consistent. Establish a family meal routine and set times for breakfast, lunch, dinner and snacks. Eat together whenever possible.

Turn off the TV during meals and limit kids' snacking when watching TV.
- Serve a vegetable or fruit with every meal and at snack time.

Get Moving!



If you want an active child, get active yourself!



Spinach Stuffed Potato

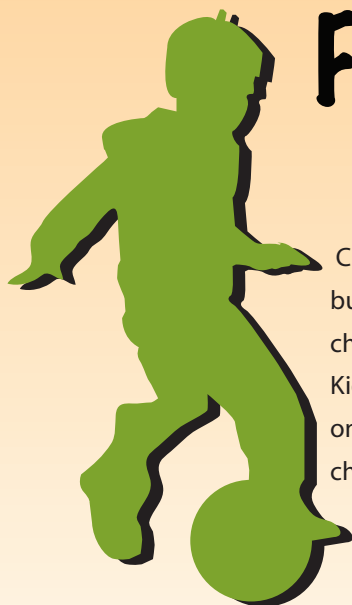
- 1 large baking potato
- 1 cup spinach, frozen
- 1/2 cup shredded carrot
- 1/4 cup fat-free cream cheese
- 1 teaspoon fat-free Parmesan cheese
- 1/2 teaspoon black pepper

Prick skin of potato and bake at 350 degrees for 45 minutes or until fork comes out clean when pricked.

Cook spinach in microwave oven for 3 minutes. Drain. Stir in carrots, cream cheese, Parmesan cheese and pepper. Stuff this mixture into split potato. Microwave on high for 2-3 minutes or until hot.

- Be a physically active role model and have fun with your kids. Adults need at least 30 minutes of daily physical activity.
- Plan active weekends. Include biking, hiking, skating, walking, or playing ball. Take a trip to the park, skating rink, zoo, or swimming pool.
- Include children in active chores such as dog walking, house cleaning, car washing, and yard work.

(source: www.healthierus.gov)



Find Activities Your Child Enjoys!

Children have a natural love of playing hard, but without encouragement, they may choose to stay inside and watch television. Kids don't have to take dance lessons or be on the soccer team to be active. Different children enjoy different activities. Find the activities that your child enjoys doing. If you have an artistic child who enjoys

staying indoors to draw or paint, go on a nature hike and collect items they can use to make a collage. If your child enjoys reading, walk or ride a bike to the library or park to read. If your child loves music or dance, sign them up for dance lessons or just turn on the radio in the living room and dance while you clean.



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