



# Small Changes for a Healthier Family

## Simple Steps to Bring Healthy Rewards to the Entire Family

Every Body needs a Balance of Nutritious Foods and Active Living to achieve a healthy weight and prevent problems such as diabetes and heart disease. As a parent, you have the responsibility and honor to teach your children healthy habits that will last a lifetime.

### Get Moving

- Aim for at least 60 min. of activity per day
- Schedule outdoor time: plan family walks, outings to the park, community center, or bike rides
- Be active indoors: dance, vacuum, make beds, play balloon volleyball



### Limit TV Screen-Time

- Remove TV and computers from children's bedrooms
- No TV for children under 2 years
- Turn off TV during mealtimes



### Eat Smart

- Offer fruits for snacks instead of chips, cookies, and candy
- Choose frozen or canned vegetables if fresh are not available
- Cut up fruits and vegetables so that they are ready to eat
- Stock kitchen with easy to grab breakfast items (fruits, mini bagels, cheese sticks, low-sugar yogurt)
- Eat breakfast with your child
- Avoid sugar sweetened beverages
- Prepare homemade meals in advance to avoid fast food
- Avoid or limit "extras" such as cheese, bacon, and mayo
- Serve food on smaller plates (a child's stomach is the size of his/her fist)
- Split an entrée or take half home when eating out

