



SNACKING SMART

You can help your kids eat better by stocking a variety of healthy, easy-to-grab, ready-to-eat snacks. Try these:

- Fresh or dried fruit
- Cut-up vegetables
- Trail mix
- Nuts
- Whole-grain, low-sugar cereals and bread
- Yogurt

Healthy Choices for Families

Nutrition and activity

Is your family making healthy choices? You can help them by following these strategies for healthy nutrition and activity.

Be aware of what you eat

- **Make meals with your family**—and sit down to eat them together.
- **Write down what your family eats.** You may be surprised at what is slipping into your diet.
- **Turn off the TV while you eat.** Studies show that when you're watching TV, your metabolism slows down. You're also less aware of what you're eating—and more likely to overeat.
- **Watch what you grab.** Keep fruits and vegetables on the counter and more readily available. Keep other foods out of sight in the cupboard or refrigerator where they aren't as tempting.

Keep portion sizes reasonable

- **Check your portion sizes.** If it's bigger than your hand, it's more than one portion.
- **Teach your children:** “Just Say No to Super Size” and “No More Biggie Meals.”

Eat healthy foods

- **Get milk.** Milk provides great protein and calcium for your children—and you can cut out fat by drinking skim milk or 1% milk.
- **Snack healthy.** Since children get $\frac{1}{4}$ of all their daily calories from snacks, make sure those snacks are healthy. Healthy snacks should be easy to grab and ready to eat. See the list at left for a few ideas.
- **Eat fish at least twice a week.** Fish is the best heart-healthy food around.
- **Keep your carbohydrates complex.** Complex (not simple) carbohydrates and fiber are keys to a feel-good diet. Complex carbohydrates include whole grains, oatmeal, cereals, fruits, and vegetables.

- **Eat a combination of 5-9 fruits and vegetables every day.** This will help you avoid high-calorie/high-fat foods and give you the vitamins and minerals to keep your energy up.
- **Dole out your desserts.** Have you ever noticed that even when we're full, we still eat dessert? Dessert should be a once-a-week treat, rather than a several-times-a-day event.
- **Encourage less soda.** Drink water, milk, or 100% fruit juice instead.

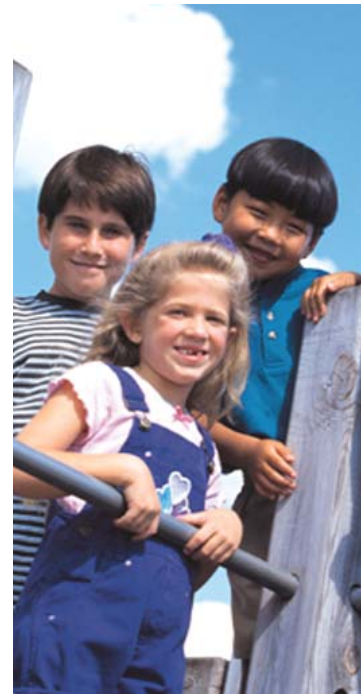


THE CHANGING AMERICAN DIET

Soft Drinks:	French Fries:
1972 27 gallons per person each year	1960 4 pounds per person each year
2001 49 gallons per person each year	2001 30 pounds per person each year

Be active every day

- **Be active.** Everyone needs at least 30 minutes a day of physical activity to maintain their weight, and at least 1 hour a day for weight loss—and children need even more.
- **Team up.** For most people, the best way to stick with a fitness program is to exercise with a buddy.
- **Build up.** At least 2 days a week, do work or exercise that builds muscle.
- **Stay flexible.** At least 3 times a week, do activities that increase your flexibility.
- **Bring it to school.** Encourage your children to walk to school—or walk with them. Also, work with your PTA to get daily physical education classes at your children's school.
- **Blend it in.** Exercise while watching TV—or even better, turn the TV off and go for a walk.



KIDS NEED EXERCISE, NOT SUPER-SIZE

Children need even more physical activity than adults—more than 30 minutes a day—to maintain their weight. Yet while 30% of high schools sell branded fast food, only 27% have physical education classes.



FOOD IS FUEL, NOT A TOOL

Don't use food as a reward or withhold it as a punishment. Help your family develop healthy eating habits: being aware of what you eat, keeping portion sizes reasonable, and eating healthy foods.