

MAKING HEALTHY MEALS

- Whole grain cereals, bagels, or oatmeal with fruit for breakfast
- Low- or non-fat dairy: milk, yogurt, cottage cheese, cheese
- Lean beef, pork or lamb – twice a week or less
- Fish, turkey, chicken, tofu, or beans for protein
- Salads with dark green lettuce, carrots, tomatoes with oil & vinegar dressing
- Whole-grain bread, pasta, tortillas, bulghur wheat, barley, steel cut oats
- Fruits and vegetables at every meal, especially green and orange veggies
- Beans: lentils, pinto, kidney, black, cannelli, etc. cooked with little fat
- Brown and wild rice (far better than white rice)
- Eggs (up to three per week)
- Cook with olive or canola oil
- Fresh or frozen fruit, applesauce or yogurt for dessert

HEALTHY SNACKS

- Fruit: apple, orange, peach, plum, banana, pear, kiwi, mango, melon, berries, applesauce, grapes, pineapple
- Vegetables: carrot, celery, tomato, cucumber, broccoli, cauliflower, jicama
- Dried fruit: raisins, banana chips, cranberries, apricots, mango
- Trail mix, sunflower or pumpkin seeds, unsalted nuts
- Low- or non-fat yogurt, soy-gurt or string cheese
- Salsa or guacamole (skip the sour cream), with baked chips or pita bread
- Sliced lean meats, turkey jerky
- Low-sugar, whole-grain cereals
- Fig bars, ginger snaps, or low-sugar, low-fat granola bars
- Whole-wheat or brown rice crackers
- Frozen 100% fruit juice bars or fruit smoothies
- Banana, zucchini or carrot oatmeal breads
- Whole wheat bagels with cream cheese, peanut butter or tofu spread

HEALTHY ACTIVITIES

- Reading and library visits
- Arts and craft projects
- Playing musical instruments
- Board games
- Imagination games
- Participating in groups or clubs – e.g. chess, drama, science, book clubs
- Community service or church groups
- Scouting organizations
- Create a craft or hobby area in the home
- Start a family game night
- Plant a garden
- Go berry-picking
- Spend time with your children whenever you can

FUN ALTERNATIVES TO TEAM SPORTS

- Biking
- Riding a scooter
- Skating
- Swimming
- Running or jogging
- Family walks and hiking
- Playing in the park
- Playing with the family dog
- Climbing rocks and trees
- Jumping rope
- Playing Frisbee
- Shooting a basketball
- Pick-up ball games
- Miniature golf
- Bowling
- Laser tag

If you have questions regarding your child's health or any item in this pamphlet, please ask your child's physician.



LCHAY

Lane Coalition for Healthy Active Youth

www.lchay.org

Healthy habits for a healthy life



25 NUTRITION AND ACTIVITY TIPS FOR YOUR CHILD & TEEN

Eating healthy foods and exercising daily are important for keeping your family fit. Establishing these habits early will help your child or teenager stay healthy throughout life.

Start with a few changes and feel good about the fact that you are helping your family!

Eating Healthy

1. Set a good example with your eating habits. Serve and eat a variety of healthy foods that are high in fiber and low in fat. Have five servings of fruits and vegetables a day.

2. Provide three regular meals and a healthy snack after school. Children thrive on routine. Encourage your child to eat breakfast and serve whole grain cereals or oatmeal with fruit, instead of sugary breakfast cereals.

3. Sit down together at a table for family meals. Turn off the TV, share news, tell stories. This is a great time to connect with your child/teen.

4. Don't know how to cook? Learn by taking a class, asking a friend, or checking a cookbook out of the library. Nothing beats a healthy home-cooked meal!

5. Discourage snacking in front of the computer or TV. People tend to eat more when they are distracted.

6. Serve food onto plates in the kitchen

instead of placing serving dishes on the table. Seeing a full dish of food encourages over-eating. Exceptions are vegetables and salads, which can also make the table look nice.

7. Offer small servings. Portions should be roughly the size of your child's palm.

8. Encourage your child to eat only when hungry, and to stop when full. Avoiding the "clean plate club" will allow your child to learn to trust his/her own body signals. Encourage eating slowly and taking a break before seconds.

9. Drink water when thirsty. When serving milk, choose skim, 1% or 2%. Serve genuine 100% fruit juice, limited to a 6 oz. glass per day.

10. Avoid sodas and "juice drinks" which contain added sugar or corn syrup, have little nutrition and can make your child feel too full to eat healthier foods.

11. Limit "junk food", "fast food" and frozen, store-bought meals. When you do eat "fast food", choose grilled chicken and substitute applesauce or salad for fries, and milk or water for soda. Avoid chips, sauces, and fried foods. Consider not keeping high-calorie snack foods in the house.

12. Involve children in meal planning, grocery shopping and cooking. Learn to read nutrition labels and teach your children how to look for sugar, fat and fiber in prepared foods. Cook with fresh ingredients as often as you can. Double recipes and freeze meals to save time and help you avoid that fast-food run. Be creative, try new dishes and have fun!

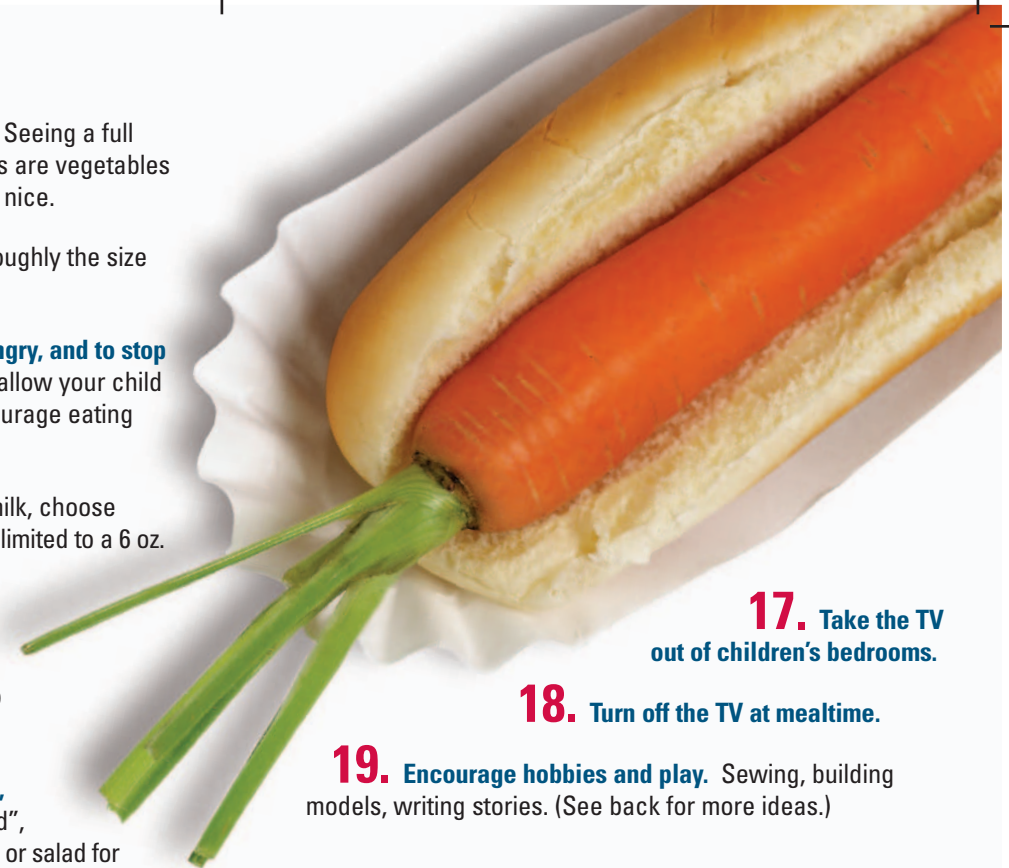
13. Discuss with your child how to make healthy food choices when away from home.

14. Be involved with meal planning at your child's school, or pack healthy lunches from home.

15. Split restaurant meals or take home half to eat later. Restaurant portions tend to be too large.

Limit "Screen Time"

16. Limit TV, videos, computer and video games to less than two hours a day. They replace healthier activities.



17. Take the TV out of children's bedrooms.

18. Turn off the TV at mealtime.

19. Encourage hobbies and play. Sewing, building models, writing stories. (See back for more ideas.)

Increase Physical Activity

20. Model being physically active on a regular basis yourself. Include your children whenever possible. Take the stairs instead of escalators. Avoid taking the car when you can go by foot.

21. Growing children should have at least one hour of physical activity on most days. More is better! Activity can be broken up into several shorter sessions.

22. Organized sports are a useful way for many children to be both physically active and to learn to be part of a team.

23. Encourage your child to play outside or sign up for a dance, swim or martial arts class. Most classes offer scholarships based on need.

24. Have kids exercise when they do watch TV. Jump rope, jog in place, use a stationary bike or treadmill, do sit-ups, jumping jacks, stretches or yoga poses.

25. Have children walk or bike to school and other activities if this can be done safely.

