



Building a Healthy Family

makeTODAYcount!



5 servings of fruits & vegetables daily



2 hours or less of screen time



1 hour or more of physical activity daily



0 sweetened beverages

Nutrition

Feeding Practices

- Eat and buy foods you want your child to eat.
- Enjoy regular mealtimes together.
- Reward with activity and reading rather than food.
- Children eat different amounts from day to day. Let your child decide how much to eat.
- New foods need to be offered as many as 10 times or more before being accepted.
- Eating breakfast improves attention and grades, and decreases the risk of obesity.
- When eating out choose grilled, steamed, and baked foods instead of fried foods.

Food Choices

- Use the plate method: fill $\frac{1}{2}$ your plate with fruits and vegetables, $\frac{1}{4}$ whole grain, $\frac{1}{4}$ lean protein.
- Eat dark green and orange vegetables every day. Try fresh, frozen or canned vegetables.
- Encourage whole fruit instead of juice, and serve fresh fruit that is in season.
- Whole grain foods include: brown rice, oatmeal, bran cereal, whole grain breads, and whole grain pasta.
- Choose lean protein: beans, fish, poultry, eggs, pork, beef.
- Serve nonfat milk with meals and water between meals.

Physical Activity

(Minimum of 60 minutes throughout the day)

- Play and have fun together as a family or with peers.
- Improve your health and the planet's health: walk, bike or use public transit when possible.
- Find physical activities your child/teen enjoys, i.e. sports, dance, outdoor activities.
- Join a recreation center, YMCA or boys and girls club.
- Television and screens in bedrooms interfere with sleep and increase usage.
- Enjoy nature and activities as a family: get outside!
- Toddlers and preschool children need several hours of unstructured movement every day in addition to 30 minutes of structured daily activity. Avoid periods of inactivity more than 60 minutes at a time unless sleeping.

Resources

Nutrition

www.letsmove.gov
www.choosemyplate.gov
<http://wecan.nhlbi.nih.gov>
www.eatrightcolorado.org

Physical Activity

www.nwf.org/Get-Outside
www.bam.gov
www.naturefind.com
www.letsgo.org



Building a Healthy Family

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Goals are most successful when all family members participate and support one another.

Choose one or two goals your family will work to achieve:



servings of fruits and vegetables

5 servings of fruits and vegetables daily

- Include at least one fruit or vegetable with every snack or meal
- Add color: make ½ your plate fruits or vegetables at most meals
- Add extra vegetables to tacos, stews, burritos, soups, etc.



hours or less of screen time

2 or less hours of screen time daily

- Remove TV and screens from bedrooms
- Enjoy time outside: daily green hour without any screens
- Unplug the family for 1-2 weeks, plan activities without screens
- Join after-school activities or community centers
- Turn off TV during meals



hour or more of physical activity

1 or more hours of physical activity daily

- Walk or bike to school (or at least the last 5 blocks)
- Join a sports team, dance group or outdoor club
- Play outside daily: invent games, jump in leaves, build snow forts, etc.
- Sign up for a recreation pass as a family or with friends
- Spend family time together hiking, playing a sport or other activities



sweetened beverages

0 sweetened beverages daily

- Drink nonfat milk, water, or water flavored with fruit
- Save money: do not buy soda, sports drinks, fruit drinks
- Reduce amount of soda, sports drinks, fruit drinks to ___/week

Other

- Eat breakfast daily
- Eat dinner as a family ___ times/week
- Serve smaller portions (see mypyramid.gov)
- Eat out/take out less than ___ times/week
- Additional goal: _____

Family Signatures

Family Member _____ Date _____

_____ Date _____

_____ Date _____

_____ Date _____

Adapted from Weld County Dept. Public Health and Environment