



Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

1 Serve small portions

Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

2 Sip smarter

Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



3 Use the checkout lane that does not display candy

Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

4 Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the first choice

Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



6 Make food fun

Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



8 Play detective in the grocery aisle

Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

9 Make treats “treats,” not everyday foods

Treats are okay once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don’t eat their meal, they don’t need sweet “extras”

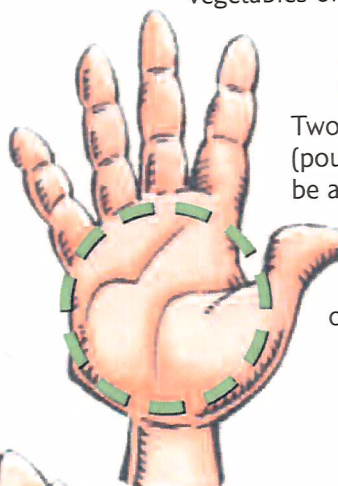
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

THE SECRET TO SERVING SIZE IS IN YOUR HAND



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit

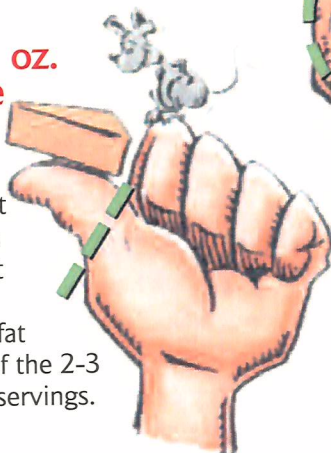


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

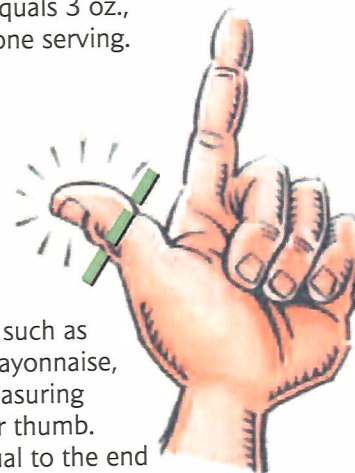
A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.



Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.

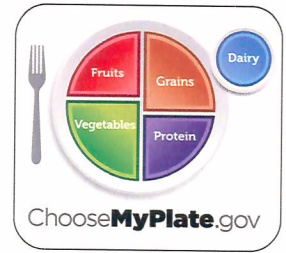


10 tips

Nutrition
Education Series

be a healthy role model for children

10 tips for setting good examples

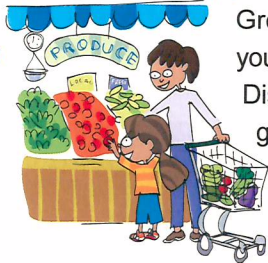


You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

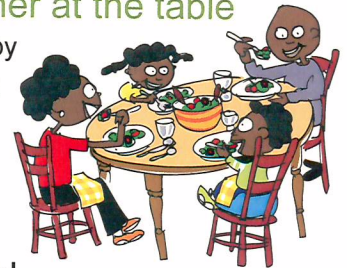


5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

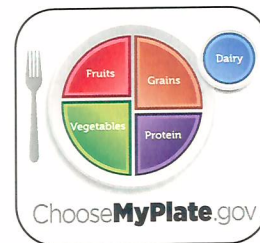
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

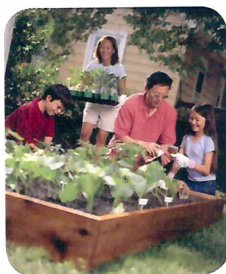


2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



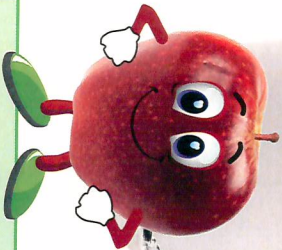
United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

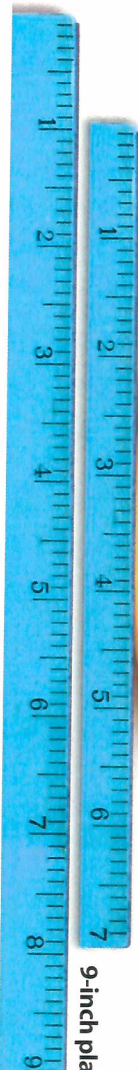
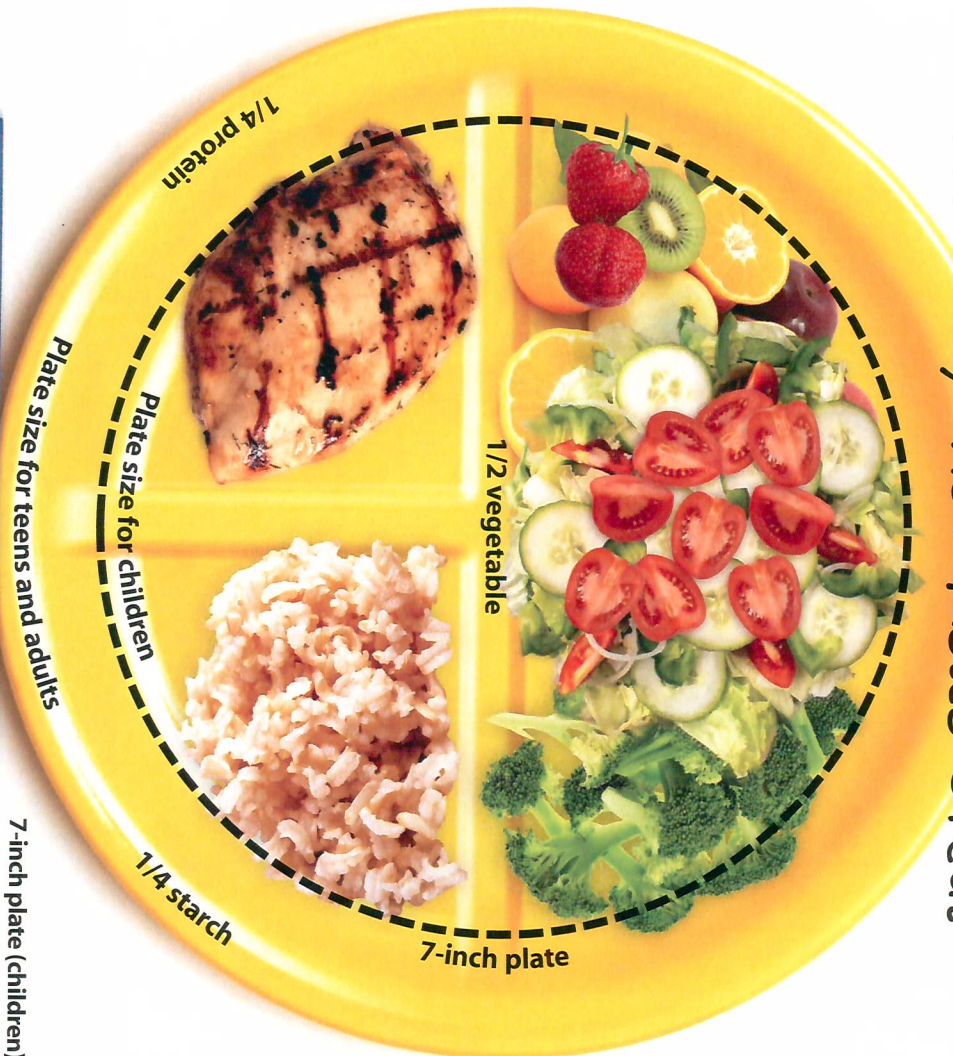
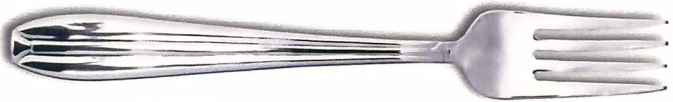
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Center for Nutrition Policy and Promotion
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My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions

-  **Palm of Hand**
Amount of Lean Meat
-  **A Fist**
Amount of Rice, Cooked Pasta, or Cereal
-  **A Thumb**
Amount of Cheese
-  **Thumb Tip**
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



How to Choose Healthy

Don't Eat This!

White Bread

White Rice

Fried Fish Sticks

Spare Ribs

Sausage

Double Cheeseburger

Pepperoni Pizza

Low in Fiber

Full of Sugar!

SODA

Juice

Lots of Fat

Oily!

Eat This!

Green Beans

Orange

Carrots

Apple

Banana

Spinach

Grilled Beef

Baked Fish

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Whole Wheat Veggie Pizza

Beans

Whole Wheat Bread

Oatmeal

Fat-Free Milk

Water

Full of Vitamins

Helps You Grow

1/2 vegetable

Full of Fiber

Calcium for Your Bones

1/4 starch

1/4 protein

Palm of Hand
Amount of
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A Fist
Amount of Rice,
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or Cereal

A Thumb
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Amount of
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Your hand can help you measure
the right amount of food to eat.

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Children & Nature

Being active in nature makes kids healthier.

Children living within a 1/2 mile of a park are more likely to have higher levels of physical activity.

There are more than 20,000 parks and 11,000 playgrounds—totaling over 1.5 million acres—in cities across the U.S.

Exposure to nature can reduce stress levels by as much as 28% in children.

Children living within 2/3 mile of a park with a playground can be 5 times more likely to have a healthy weight.

Even a 20-minute walk in nature can help children with attention deficit hyperactivity disorder (ADHD) concentrate better.

AAP recommends children be physically active for at least 60 minutes throughout a day and limit time with electronic media to 2 hours per day.

Time spent outdoors is predictive of higher levels of physical activity in children.

Children have lost 25% of playtime and 50% of unstructured outdoor activity over recent decades.

Kids spend more than 7 hours a day with various electronic media.

Parents, friends and family are the most influential to youth participation in outdoor activities.

Outdoor exercise improves mental & physical well-being more so than indoor activity.

More than 1 in 3 children in the U.S. are overweight or obese. Minority and low-income children are disproportionately affected.

3,600 youth are diagnosed each year with type-2 diabetes for which obesity is a major risk factor.

Children who spend more time outdoors are less likely to be overweight by 27-41%.

7 million children in the U.S. have asthma and overweight children are at higher risk.

Nature Deficit Disorder was coined by author Richard Louv in 2005 to describe how children are spending less time outdoors and its impacts.

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Find out more: NEEFusa.org

Healthy Habits are as Simple as 5-2-1-0

Just add these tips into your daily routine!

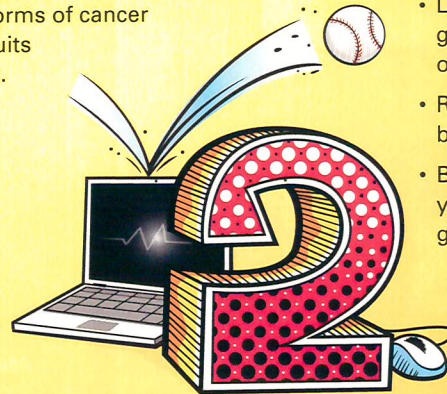


Eat 5 servings of fruits and veggies every single day.

- Each day, eat at least 5 servings of fruits and vegetables. Use this as an opportunity to try new foods.
- Cook more meals at home with your family.
- Prevent diabetes, heart disease and many forms of cancer by eating fruits and veggies.

Get at least 1 hour of physical activity.

- Mow the lawn, wash your car or vacuum. You can be physically active when you are doing chores.
- Join a school sports team, outdoor club or take a dance class.
- Take a walk with your friends after school.



Limit screen time to 2 hours or less.

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Remove the TV from your bedroom.
- Be physically active before you watch TV, play video games or use the computer.

Limit sweetened drinks to 0.

- Avoid sweetened drinks such as soda and sports drinks.
- Drink water between meals because it helps you feel full.
- Add lemons or limes to your water for added flavor.



Get in on the action and talk to your doctor to learn how you can be healthy every day.

Good Health Club

Independence Blue Cross

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10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies

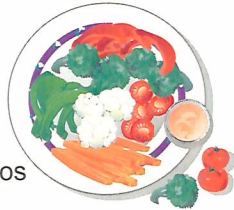
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.



Agregue más vegetales a su día

¡Comer más vegetales es sencillo! Comer vegetales es importante porque aportan vitaminas y minerales y la mayoría son bajos en calorías. Para incorporar más vegetales en su día, tómelos como bocadillos y agréguelos a sus comidas.

1 Descubra maneras rápidas de cocinar
Cocine vegetales frescos o congelados en el microondas como acompañamiento rápido y sencillo de cualquier comida. Cocine al vapor judías verdes, zanahorias o bok choy en un recipiente con una pequeña cantidad de agua en el microondas como acompañamiento rápido de preparar.



2 Lleve la delantera
Corte una tanda de pimientos, coliflor o brócoli. Enváselos en bolsas para usar cuando el tiempo sea limitado. Disfrútelos en un guisado, salteados o como bocadillo con hummus.

3 Elija vegetales de intensos colores
Alegre su plato con vegetales de color rojo, anaranjado o verde oscuro. Son ricos en vitaminas y minerales. Pruebe calabaza, tomates cherry, batatas o coles. No solo saben muy bien, sino que también son buenos para usted.

4 Revise el pasillo de vegetales congelados
Los vegetales congelados son rápidos y fáciles de usar y son tan nutritivos como los vegetales frescos. Trate de agregar vegetales congelados, como maíz, guisantes, edamame o espinacas, a su plato favorito. Busque verduras congeladas que no tengan salsas, jugos de carne, mantequilla o crema agregados.



5 Abastézcase de vegetales
Los vegetales enlatados son una gran adición a cualquier comida, así que tenga a mano tomates, frijoles, garbanzos, champiñones y remolachas en lata. Seleccione los que se etiquetan como “sodio reducido,” “bajo en sodio” o “sin sal agregada” (“low sodium,” “reduced sodium,” or “no salt added”).

6 Haga que su ensalada verde brille con el color

Alegre su ensalada con vegetales coloridos como frijoles negros o aguacates, pimientos rojos o cebollas cortados en rodajas, rábanos o zanahorias rallados, y col roja o berro picados. Su ensalada no solo se verá bien, sino que también tendrá un buen sabor.

7 Tome sopa de verduras

Caliéntela y tómelala. Pruebe la sopa de tomate, calabaza o de vegetales. Busque sopas con sodio reducido o bajas en sodio. Haga sus propias sopas con un caldo bajo en sodio y sus vegetales favoritos.

8 Cuando está fuera

Si la cena es fuera de casa, no se preocupe. Pida un acompañamiento adicional de vegetales o de ensalada en lugar del acompañamiento frito típico. Pida coberturas y aderezos aparte.



9 Saboree el sabor de las verduras de temporada

Compre verduras que sean de temporada para obtener el máximo sabor a un menor costo. Chequee las ofertas especiales de su supermercado local para encontrar las mejores compras de temporada. O visite su mercado de agricultores locales.

10 Varíe sus vegetales

Elija un nuevo vegetal que nunca haya probado antes. Encuentre recetas en línea en WhatsCooking.fns.usda.gov.