

Teaching Children Healthy Habits

It is important for children to learn healthy habits at a young age. Eating a variety of nutrient-rich foods such as whole grains, milk, fruits, and vegetables can help protect your body against illness and reduce the risk of certain chronic diseases. Keeping your kids active is also very important. Kids should have at least 60 minutes of physical activity every day. Try these tips to keep your kids healthy and active!

Reading Food Labels

- Teach your children the importance of checking serving sizes, calories, fat, and other nutrients on food labels!
- Challenge your children to measuring out their favorite snack such as chips or crackers!
- Prepare individual servings of snacks in plastic bags or containers for your kids to take on the go!
- Teach your kids how to compare different nutrition labels at the grocery store
 - Compare calories, fat, sugar, and nutrients in each item to choose the healthiest option

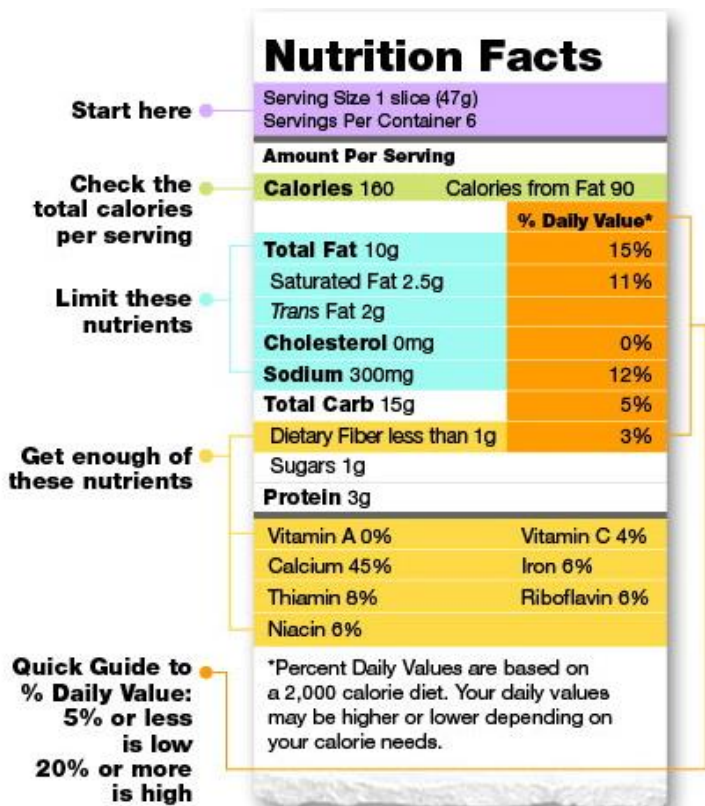


Photo from: The American Heart Association at heart.org

Tips for More Physical Activity

Include chores around the yard

- Raking
- Weeding
- Planting
- Watering

Play outdoors

- Walking
- Jumping rope
- Playing tag
- Basketball

Inside Activities

- Dancing to music
- Playing follow the leader
- Running or skipping in place



Add More Fruits & Veggies

Fruits and vegetables contain fiber and many vitamins, minerals, and other nutrients that help you stay healthy and help your children grow healthy and strong. Choose a colorful diet of fruits and vegetables for a variety of nutrients for you and your children.

Make Fruits and Veggies Fun

- **Bugs on a log:** use celery, cucumber, or carrots with peanut butter and dried fruit on top!
- **Fruit & veggie baked goods:** blueberry pancakes, zucchini breads, or carrot muffins
- **Add fresh fruit to breakfast cereal**
- **Fruit smoothies**
- **Frozen fruit kabobs**

Tips for Eating Healthy

- Have regular family meals
- Cook meals at home
- Get kids involved with preparing the meal
- Make healthy snacks like fruit and veggies available
- Limit portion sizes

For more information on these topics visit:
www.choosemyplate.gov
www.eatright.org