

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

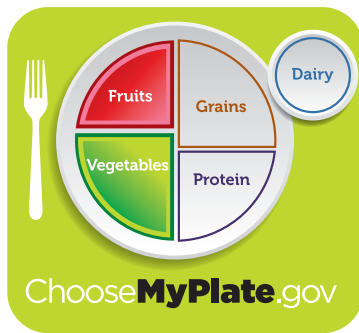
3 Tips for a Healthy Family: Eat, Play, Rest



Eat!

Enjoy Half a Plate of Fruits and Veggies—They!¹

- Fill you up and help you maintain a healthy weight
- Help reduce your risk for chronic diseases
- Give you energy
- Taste great!



Add More Fruits and Veggies to Meals and Snacks—Here's How:

- Add leftover veggies to soups or a stir-fry.
- Top cereal with fresh or frozen berries.
- Add extra veggies to sandwiches.
- Make a smoothie with fresh or frozen fruit and yogurt or milk.
- Wash and prep fruits and veggies ahead of times for snacks so they are ready to eat when you are hungry.
- Mix fresh, frozen or canned fruits or vegetables to a main dish, or add as a side dish.

Play!

Be Active Every Day Together—And Get These Rewards:²

- Increase your chances of living longer
- Boost your mood
- Sleep better
- Keep your muscles and bones strong
- Reach or maintain a healthy weight
- Reduce stress
- Enjoy time together with family or friends
- Improve focus at school or work



Get Started

- Plan time every day for family 'play time' like hide-and-go-seek, jump rope, or tag.
- Make a before or after dinner walk a family treat.
- Walk your kids to and from school.
- Go to the park and just play.
- Play indoors, too! Play imaginary catch, physically active video games, or a dance DVD.

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Rest!

Get Enough Sleep³ —You and Your Kids Need It!



Sleep Helps Kids:

Grow and develop
Excel in school
Fight off infections
Maintain a healthy heart
Maintain a healthy weight
Control emotions and behavior
Reduce the risk of developing diabetes

Sleep Helps Adults:

Work effectively and safely
Fight off infection
Maintain a healthy heart
Reduce the risk of obesity and developing diabetes
Control emotions and behavior

Sleep Well

Set a regular bedtime each night. For toddlers, have a regular time for naps each day. Bedtime routines are also helpful, such as bathing and reading before bedtime.

How much sleep is needed for good health?³

Newborns	16–18 hours a day
Babies 3–11 months old	14–15 hours a day
Children 1–3 years	12–14 hours a day
Children 3–5 years	11–13 hours a day
Children 5–11 years	At least 10 hours a day
Teens	9–10 hours a day
Adults, including older adults	7–8 hours a day

For more tips, visit www.kidseatright.org.

My healthy family goal(s):

- Eat a balanced breakfast that includes 3 of the 5 food groups every morning.
- Keep fruits and veggies handy for snacks.
- Spend more time with my family being physically active.
- Walk my kids to and from school.
- Set earlier bed times for my family.
- Begin bedtime routines to help my kids sleep better.
- Other: _____

This handout was developed through an educational grant from the National Dairy Council®.

Sources

1. www.choosemyplate.gov accessed 4-21-14.
2. www.choosemyplate.gov/physical-activity/calories-burn.html accessed 4-21-14.
3. www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.html accessed 4-21-14.