

# Myth Busters.

What every parent needs to know about healthy eating and physical activity.



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## Turning Myths into Myth Busters:

**Myth #1:** It's impossible to know how many calories I need and even if I did, it's too hard to keep track.

### Myth Buster: **Know Your Number**

*Learning how many calories you should consume in a day is a critical first step in managing your weight.*

**Myth # 2:** I don't have time to exercise.

### Myth Buster: **Fun Stuff Counts**

*Get active with the family whether it's soccer in the backyard, dancing to music or taking a walk in your neighborhood.*

**Myth # 3:** A clean plate is a happy plate.

### Myth Buster: **Small Steps = Big Changes**

*Serve smaller portions to help curb calories and keep your weight on the right track.*

**Myth # 4:** My kids won't eat that.

### Myth Buster: **Be a Role Model for Your Children**

*Show your family how to savor their favorite higher-calorie foods and beverages, occasionally, by enjoying smaller portions together.*

**Myth # 5:** A balanced diet is eating 1/2 healthy foods and 1/2 not-so-healthy foods.

### Myth Buster: **Base Your Plate on Nutrient Rich Foods**

*Base your plate on nutrient-rich foods that offer beneficial nutrients and fewer calories. Choose fruits and vegetables, whole and enriched grains, lean meats, beans and nuts and low-fat and fat-free dairy foods more often.*

# CALORIES PER DAY

AGE	Males Sedentary	Males Moderately Active	Males Active	Females Sedentary	Females Moderately Active	Females Active
21-25	2400	2800	3000	2000	2200	2400
26-30	2400	2600	3000	1800	2000	2400
31-35	2400	2600	3000	1800	2000	2200
36-40	2400	2600	2800	1800	2000	2200
41-45	2200	2600	2800	1800	2000	2200
46-50	2200	2400	2800	1800	2000	2200
51-55	2200	2400	2800	1600	1800	2200
56-60	2200	2400	2600	1600	1800	2200
61-65	2000	2400	2600	1600	1800	2000
66-70	2000	2200	2600	1600	1800	2000

## Kids Eat Right Parent Activity

Myth Buster:	Question for You:	Your Answer:
Know Your Number	How many calories do you need each day?	
Fun Stuff Counts	Name one fun thing you can start doing with your kids today.	
Small Steps = Big Changes	What is one way you can help reduce portions in your house?	
Be a Role Model for Your Children	Name one thing you are going to do to be a better role model.	
Base Your Plate on Nutrient Rich Foods	What food group does your family need more of? How are you going to help them to eat nutrient rich foods from that food group?	



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