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

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 ½ healthy foods and ½ 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.
### Kids Eat Right Parent Activity

<table>
<thead>
<tr>
<th>Myth Buster:</th>
<th>Question for You:</th>
<th>Your Answer:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know Your Number</td>
<td>How many calories do you need each day?</td>
<td></td>
</tr>
<tr>
<td>Fun Stuff Counts</td>
<td>Name one fun thing you can start doing with your kids today.</td>
<td></td>
</tr>
<tr>
<td>Small Steps = Big Changes</td>
<td>What is one way you can help reduce portions in your house?</td>
<td></td>
</tr>
<tr>
<td>Be a Role Model for Your Children</td>
<td>Name one thing you are going to do to be a better role model.</td>
<td></td>
</tr>
<tr>
<td>Base Your Plate on Nutrient Rich Foods</td>
<td>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?</td>
<td></td>
</tr>
</tbody>
</table>

Visit the Kids Eat Right website at: [www.kidseatright.org](http://www.kidseatright.org) for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!