



Tips for **A**cting **B**oldly to **C**hange **D**iet and **E**xercise for Kids

As parents and caregivers, you can help your children establish the necessary and lifelong habits of healthy eating and exercise!



ACT BOLDLY as a

Role model – make sure to eat healthy, wholesome foods and get plenty of exercise yourself. Be consistent; this should be a permanent part of your lifestyle. **SET A GOOD EXAMPLE.**

Gatekeeper – you have the power to monitor and control what your kids eat, the exercise they get, and the time they spend watching TV, surfing the Web, or playing video games. **YOU'RE IN CHARGE.**

Taste-setter – you can influence your kids' appreciation for the flavors of healthy food early on. **START THEM OFF RIGHT.**

Advocate – push for positive changes in child care, schools, and your community that support healthy eating and exercise. **KIDS HAVE THE RIGHT TO BE HEALTHY.**

CHANGE their **DIET**



Use healthy, wholesome foods (fruits, veggies, whole grains, lean proteins, and low-fat dairy) that are nutrient dense. Limit empty calories in the form of sugary, processed, and fast foods.

Use **GO, SLOW, WHOA** as a guide:

- **GO foods** – low in fat, sugar, and calories and high in nutrients (e.g., fruits and vegetables). **GREAT TO EAT ANYTIME.**
- **SLOW foods** – higher in fat, added sugar, and calories (e.g., white bread, pancakes, fruit canned in syrup). **SHOULD BE EATEN LESS OFTEN.**
- **WHOA foods** – very high in fat, added sugar, and calories while low in nutrients (e.g., candy, soda, French fries). **EAT ONCE IN A WHILE IN SMALL PORTIONS.**

GROCERY CHECKLIST

- | | |
|--|---|
| <input type="checkbox"/> Fruits and vegetables
(e.g., apples, bananas, oranges, peaches, strawberries, broccoli, carrots, spinach) | <input type="checkbox"/> Low or nonfat dairy
(e.g., low-fat or skim milk, yogurt, and cheese) |
| <input type="checkbox"/> Whole grains
(e.g., brown rice, oatmeal, whole wheat bread or pasta) | <input type="checkbox"/> Healthy fats
(e.g., get your fats from fish, nuts, or olive, soybean, or canola oils) |
| <input type="checkbox"/> Lean proteins
(e.g., chicken breast, turkey, fish, lean cuts of beef or pork, beans) | <input type="checkbox"/> Beverages
(e.g., plenty of water, fresh juice, tea; limit soda, sweetened juices, and sugary iced tea) |

READ FOOD LABELS TO AVOID HIGH AMOUNTS OF SUGAR, FAT, AND SODIUM

CHANGE their DIET



Match calorie intake and portion sizes to your child's age and activity level.

Find ways to **make family favorites healthier** by using more nutritious ingredients (e.g., more veggies, less fat) or healthier methods of cooking (e.g., grilling or baking instead of frying).

Connect kids to their food by introducing them to new, healthy foods and allowing them to help with food shopping and preparation so they can understand what goes into their meals and maintain healthy cooking habits as they grow up.

Protect the time you eat with your kids – children who dine at regular family mealtimes get better nutrition, perform better in school, and bond better with their families.

Change their media diet – limit TV time to 1-2 hours of quality programming per day, monitor Internet use, and make sure they avoid snacking during TV time.



CHANGE their EXERCISE routine

Make time to play or be active with your kids – set aside 60 minutes every day to play catch; go for a walk, jog, bike ride, or swim; or play tag.

Make sure your kids get enough activity to balance the calories they take in.

Give them gifts that encourage activity – sporting equipment, active games, or enroll them in community sports teams.

Walk with your kids as much as possible – to school, after dinner, or instead of watching TV.

Move around at home with your kids – yard work, gardening, or work around the house.



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PHYSICAL ACTIVITY CHECKLIST

- Get your kids to play/exercise for 60 minutes each day.
- Take a walk, jog, bike ride, swim with them.
- Take them to the local park or recreation center, or play in the backyard.
- Let them watch only 1-2 hours of quality TV each day.