

# Eat Better! Move More!

## Tips for Families



### Eat Better!

- 1. Make Half Your Grains Whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- 2. Vary Your Veggies.** Go dark green, orange, and red with your vegetables – eat spinach, broccoli, carrots, and sweet potatoes.
- 3. Focus on Fruits.** Eat fruit at meals and snack time. Choose fresh, frozen, canned (in 100% juice), or dried (no added sugars), and go easy on the fruit juice (make it 100% juice).
- 4. Get Your Calcium-rich Foods.** To build strong bones, serve low-fat and fat-free milk and other calcium-rich products several times a day.
- 5. Go Lean with Protein.** Eat lean or low-fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6. Change Your Oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil. Avoid saturated and trans fats.
- 7. Don't Sugarcoat It.** Choose foods and beverages that do not have sugar and sweeteners such as high fructose corn syrup as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

### Move More!

- 1. Set a Good Example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2. Take the 'President's Challenge' as a Family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3. Establish a Routine.** Set aside time each day as activity time - walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children need 60 minutes everyday or most days of the week.
- 4. Have an Activity Party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.
- 5. Set up a Home Gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6. Move It!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7. Give Activity Gifts.** Give gifts that encourage physical activity - active games or sporting equipment.

Be active and get your family to join you. **Have fun together.**

**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**

Poudre Valley Hospital Foundation | 1024 South Lemay Avenue | Fort Collins, CO 80524 | (970) 495-7517 | [ve2@pvhs.org](mailto:ve2@pvhs.org) | [www.CanDoOnline.org](http://www.CanDoOnline.org)

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# Eat Better!

Kids  
CanDo  
it!



## 30 Tips to Eat Better!

1. Drink nonfat or 1% milk. They have just as much calcium and protein, but are lower in fat and calories than 2% or whole milk.
2. Use smaller dishes and silverware. Smaller plates, glasses, bowls, and spoons help you control portion sizes.
3. Mix berries, bananas, low-fat milk, and sugar substitute for a light breakfast or dessert.
4. Try reduced-sugar jams and jellies. They have a fresh flavor with half the calories!
5. Top a whole wheat English muffin with natural peanut butter and apple slices.
6. Lighten up your omelet! If the recipe calls for 4 eggs, use 2 egg whites and 2 whole eggs.
7. Try turkey sausage or Canadian bacon instead of regular bacon to reduce fat at breakfast.
8. Trade regular butter for a light whipped butter or low-calorie butter substitute.
9. Spread your bagel or toast with light or fat-free cream cheese instead of butter.
10. Split a bagel with someone or save half for tomorrow.
11. Choose 1% cottage cheese.
12. Try whole wheat tortillas instead of white tortillas.
13. Trim all the fat from beef, pork, and chicken.
14. Skim the fat off soups, stews, and sauces before serving. If you cool them first, the fat floats to the top and is easy to remove.
15. Sauté fresh vegetables like zucchini, peppers, mushrooms, and onions with fat-free Italian dressing and lime juice.
16. Use light or fat-free mayonnaise on sandwiches and in salads.
17. Choose whole grain bread, pasta, and crackers. Read the ingredient label and look for the words “whole” or “100%” to be the first word (i.e. whole wheat, 100% whole grain).
18. Stuff a whole wheat pita pocket with more fresh vegetables and less meat and cheese.
19. Read the nutrition facts label when buying yogurt. Choose varieties that have fewer calories and less added sugar.
20. Share restaurant meals with a friend or take half home with you.
21. Use grapes, bananas, strawberries, and pineapple to make fun fruit kabobs.
22. Eat a fruit or vegetable at every meal and snack.
23. Snack on light popcorn.
24. Measure out 1 serving of snack foods like crackers, baked chips, raisins, cereal, or trail mix - put them into snack-size baggies. Keep on hand for quick, grab & go snacks that are portioned just right!
25. Top salads with chopped apples, mandarin oranges, and slivered almonds for a crunchy, fresh flavor.
26. Omit half the butter or margarine called for in macaroni and cheese, rice, pasta, and stuffing.
27. Try reduced-fat or part-skim cheeses on pizza or in casseroles.
28. Sauté or steam zucchini, green peppers, mushrooms, or onions and add them to spaghetti sauce.
29. Serve milk with meals and water with snacks. Save soda and juice drinks for rare occasions.
30. Save yourself about 100 calories by leaving off the cheese from sandwiches and burgers.

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# Move More!



## 30 Tips to Get Active!

1. Play outside or take a family walk after dinner.
2. Improve your sleep – take a walk a couple of hours before bedtime.
3. Keep an activity journal. Write down the physical activities you do each day for a month and record how you feel after being active.
4. Volunteer to walk dogs for an animal shelter.
5. Circle around the block once when you get your mail.
6. Walk around the outside aisles of the grocery store before shopping.
7. Do sit ups, jumping jacks, or stretches during the commercial breaks of your favorite show.
8. Walk to your school playground after dinner and play.
9. Paddle away calories on a raft, kayak, or canoe trip.
10. Walk around the school track. 4 laps of a regulation track is about 1 mile, or 2000 steps.
11. Skip the drive-thru window and walk into the bank or restaurant.
12. Learn how to dance! Take a line dancing class or make up a dance of your own.
13. Don't sit and wait! Stroll the halls while you're waiting for a doctor's appointment. Walk around the soccer field while you're watching practice. Walk outside while you're waiting for a dinner reservation.
14. Get books on tape from the library and listen while you walk.
15. Make regular walking dates with family or friends.
16. Walk or bike to school!
17. Walk to the store, dry cleaners, or post office instead of driving.
18. Register for a community walk or run.
19. Pace around your house while talking on the phone.
20. Check out the sunrise on an early morning walk.
21. Walk to your friend's house for a visit.
22. Focus on walking distance rather than speed. It's better to get in more steps at a comfortable pace than to burn out quickly.
23. Walk on a treadmill or in the mall on rainy days.
24. Tour a museum, zoo, or natural area rather than watch a movie.
25. Always take the stairs instead of the elevator!
26. Plan a picnic and play frisbee before or after lunch.
27. Tour the community gardens on foot.
28. Entice your kids by turning your walk into a scavenger hunt.
29. Try a new biking or walking trail at least once a month.
30. Check out the local ice skating rinks.

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