

Healthy Habits for Healthy Kids

Kids
CanDo
it!



1. Be Active!

- Spend at least 1 hour every day being physically active.
- Play inside: Turn off the TV and get movin'! Play hide-and-seek. Clear a space for wiggling, dancing, tumbling, playing with soft foam balls or squishy toys.
- Play outside: Ride bikes, go for a walk or hike – take the dog, your dog needs to be active too! Toss a softball, jump rope, hula hoop, ride scooters, toss a frisbee, go swimming, kick a ball, play tag, play at the park.
- Parents, play with your kids every day! It's great fun for all.

2. Eat More Fruits and Veggies! More Matters!

- Eat 4 to 6 cups of colorful fruits and veggies every day.
- Fruits and veggies are packed with vitamins, minerals, and fiber, are low in calories, and are great for you!
- Fresh, frozen, canned (in 100% juice), dried (no added sugars), and 100% juice – they all count!
- Go easy on the fruit juice – it's high in calories – limit intake to about 1 cup per day.
- Make $\frac{1}{2}$ your plate fruits and veggies.

3. Snack More on Healthy Foods and Less on Junk Foods

- Kids need 2 to 3 small healthy snacks a day to keep them satisfied and energized until the next meal.
- Almost all snacks served to kids should be fruits and veggies.
- Plan ahead – stock the refrigerator with healthy snacks.
- Keep junk foods out of the house so kids and adults aren't tempted to eat too much of them.

4. Eat Small Portions

- Bigger is not better. Serve small portions.
- Rules have changed! You don't have to eat everything on your plate. Listen to your body and stop eating when you're full.
- Eat slowly. It takes about 20 minutes for your brain to get the message that you are full.
- Use small plates and bowls.
- At restaurants, share a meal or take half home.

5. Eat Together!

- Kids whose families sit down together to a home-cooked meal are less likely to be overweight, are more likely to eat fruits and vegetables, and have time together to connect at the end of a busy day.

Healthy Habits for Healthy Kids (cont'd)

6. Get Enough ZZZZZZZ's

- How much sleep do we need every night?
 - **Kids (5 – 12 yrs)** : 10 to 11 hours
 - **Teens**: 8 to 9.5 hours
- Kids' health, body weight, behavior, and academic performance take a nose dive when they are sleep deprived.
- Adequate sleep boosts kids' energy and enthusiasm, helps them learn more easily, reduces many behavioral problems, and helps control body weight.



7. Drink Milk with Meals and Water with Snacks

- Milk should be the main beverage served to kids at meal time.
- Water should be the main beverage served to kids with snacks.
- Dairy products help kids build strong bones and may help them maintain a healthy weight.
- Limit sugared sodas and other sugary beverages.
- When choosing fruit juice, make it 100% fruit juice. Remember that it's high in calories, so limit intake to about 1 cup per day.

8. Limit Screen Time

- Screen time is the time spent watching TV or DVDs, playing video games, and using the computer (not including computer use for school work).
- **Pediatricians recommend:**
 - kids spend less than 2 hours per day in front of a screen — less is even better!
 - no screen time for kids under 2 years of age
 - no TVs in kids' bedrooms
- **Kids who have less screen time:**
 - perform better in school and tend to read more
 - have more time for active play and are more fit
 - have a healthier body weight
 - miss out on all those commercials for junk foods

9. Eat Breakfast

- Eating a healthy breakfast helps kids think better, improves academic performance, and improves attitude and mood.
- Kids who eat breakfast are less likely to be overweight and more likely to get enough calcium.
- Make your breakfast count - choose whole grain cereals that have at least 3 grams of fiber; top whole grain waffles, pancakes, and cereals with fresh fruit and low-fat yogurt.
- Include a healthy protein such as cottage cheese or a slice of lean turkey to make your breakfast have staying power.

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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