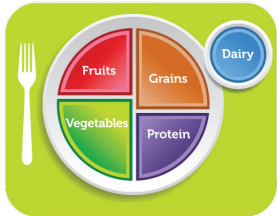


Helping your family achieve and maintain a healthy lifestyle

To help your family achieve good health and maintain a healthy weight, our team of Registered Dietitians has come up with a few tips that will help you at home! To help you support your child's growth and development, it's important to balance not only good nutrition but also physical activity. *Please note - children should NOT be placed on restrictive diets for weight loss without the direction and supervision of their health care provider.*¹



Eat right! Use MyPlate as a guide to make balanced choices for meals & snacks!

■ If any of your children are in school, chances are they have seen MyPlate! As parents, you can learn about MyPlate and plan meals and snacks to include healthy options from each of the food groups. Here are some tips:¹

- **Be sure to provide all forms of fruits and vegetables!** Fresh, frozen, canned, dried, and 100% juice can all provide a service of fruit. (Be sure to select unsweetened frozen fruit and frozen veggies without seasonings or sauces; select canned fruit in 100% juice and no salt added canned vegetables; select dried fruit with no added sugar, and only consumer 4-6oz of 100% fruit juice per day.). Don't forget! Try serving your produce in different ways. For example, steaming, roasting, and adding vegetables in to a hot dish can provide opportunities for your family to consume more produce.
- **Make at least ½ your grains whole grains!** Make the switch to whole grains in your bread, pasta, crackers, and even cereals! Be sure to look for "whole" in the first ingredient to get more fiber, protein, vitamins and minerals in your meals and snacks!
- **Include low fat or fat-free dairy products!** For children above the age of 2, low fat or non-fat milk and dairy products can offer great nutrition! For children under the age of 2, whole fat milk and dairy products are recommended.
- **Choose lean sources of protein!** Protein can be found in many foods including: meat, poultry, fish, beans as well as in dairy products and whole grains. Don't forget about nuts as well, which provide protein and healthy fats!

- **Drink water & limit the intake of sugar sweetened beverages!** Encourage your children to have water available throughout the day and provide milk at meals. Limit the intake of 100% juice to only 4-6 oz per day. In addition, watch out for those beverages with lots of added sugar! Some examples include: sports drinks, juice cocktails, soda, and flavored milk.
- **Limit added sugar!** Added sugar can be found in many beverages, as well as foods. The American Heart Association recommends no more than 25g of added sugar per day for children.³ This is equivalent to about 6 teaspoons, which can add up quick from candy, soft drinks, sugar sweetened beverages and other baked goods.

Get the kids involved in the kitchen!

- When your kids are more involved in the meal planning and prepping process, they may be more likely to try new foods! Children can help meal plan and keep a grocery list as well as help with washing produce, mixing ingredients, and even growing a few vegetables in their own garden!

Get moving!

- Keep screen time limited to 2 hours or less per day!
- Get active with the kids! Enjoy being outside no matter if it's winter or summer and be creative with physical activity inside the house, too. Great ideas for physical activity can include going on walks, playing games such as tag, basketball, soccer, dancing, swimming, and going for a bike ride! These are all things parents can do with their kids to help them stay active as well!

References:

1 - CDC (Center for Disease Control and Prevention). (2018, May 23). Healthy Weight. Retrieved from <https://www.cdc.gov/healthyweight/children/index.html>

2- MyPlate. (2019). Choose MyPlate. Retrieved from <https://www.choosemyplate.gov/>

3- American Heart Association. (2016). Sugar Recommendation Healthy Kids and Teens Infographic. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-recommendation-healthy-kids-and-teens-infographic>



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