



THE Children's  
Health FUND

# HEALTHY FAMILIES MAKING HEALTHY CHOICES



We know that keeping your family healthy is important to you. Eating right and being active are big parts of staying healthy. Here are some ways you can help your kids and your family live a healthy life.

## EAT AS A FAMILY

- It's a great way to spend time with your kids.
- Family meals can teach your kids about healthy eating.
- Try eating together at least once a week.

## BE A ROLE MODEL

- Show your kids how to eat healthy foods by eating them yourself.

## BE ACTIVE AS A FAMILY

- Take a family trip to the park.
- Go for walks around your neighborhood.
- Play games outside with your kids.

Making healthy diet and lifestyle choices is not always easy. Try to make changes little by little. Over time, you will see results. The cards inside describe 5 things you can do to help you and your family lead a healthier life. They give you tips on how to:

1. Maintain a healthy weight.
2. Eat smaller portions.
3. Choose healthy drinks.
4. Eat more fruits and vegetables.
5. Be physically active.



# MAINTAIN A HEALTHY WEIGHT



- IMPORTANT REASONS TO MAINTAIN A HEALTHY WEIGHT •
- WHAT IS A HEALTHY WEIGHT? •
- 6 STEPS TO A HEALTHY WEIGHT •

# MAINTAIN A HEALTHY WEIGHT

## IMPORTANT REASONS TO MAINTAIN A HEALTHY WEIGHT:

- To keep your heart healthy
- To lower your risk of diabetes
- To help prevent cancer
- To make asthma less severe
- To keep your joints healthy and avoid arthritis

## WHAT IS A HEALTHY WEIGHT?

There is no perfect weight that works for everyone. Activity, age, gender and family history all play a role in your weight.

Remember, you can't always tell if you or your kids are overweight just by looking. Check with your doctor, nurse or nutritionist to see what weight is best for you and your family.

## 6 STEPS TO A HEALTHY WEIGHT

1. Move, move, move!
2. Eat a low-fat diet.
  - Choose low-fat dairy products and lean meats.
  - Take the skin off chicken and turkey.
  - Cut the extra fat off meats.
  - Limit fried foods.
3. Eat smaller portions.
4. Eat regular, balanced meals.
  - Eat a healthy breakfast.
  - Don't skip meals.
  - Choose foods from all the food groups.
5. Go easy on fast foods.
  - Go for salads or grilled foods.
  - Don't "supersize" — order smaller servings.
6. Don't drown in sugared drinks.
  - Limit juice and soft drinks that have a lot of sugar.



# EAT SMALLER PORTIONS



- BIGGER IS NOT ALWAYS BETTER •
- WAYS TO HELP YOUR FAMILY EAT LESS •
- GUIDE FOR SERVING SMALLER, HEALTHIER MEALS •

# EAT SMALLER PORTIONS

Bigger is not always better. Here are some ways to help your family eat less.

- Use a smaller plate.
- Serve lots of vegetables with your meal. The fiber in them makes you feel full.
- Stay away from “super” or “large” sizes.
- Eat slowly. Give yourself time to feel full.

- Don't skip meals. Eat 3 small meals plus 2 snacks.
  - Snacks hold you over until the next meal.
  - A good snack is a small portion of a low-sugar, low-fat food.
  - Fruit, low-fat yogurt, graham crackers, half of a sandwich, or a few crackers with peanut butter are all good snacks.

## Use this plate to guide you in serving smaller meals.

### STARCHES

Fill 1/4 of the plate with starches like rice, pasta, potatoes, cereals, tortillas, yams and corn. Try to eat whole grains like whole wheat bread and brown rice.

### PROTEINS

Fill 1/4 of the plate with protein foods like lean red meats, fish, chicken or turkey without the skin, low-fat dairy, eggs and beans.

### VEGETABLES

Fill 1/2 of the plate with colorful vegetables. The more color, the better.



# THINK BEFORE YOU DRINK



- LESS IS MORE WHEN IT COMES TO SUGAR •
- TIPS FOR DRINKING LESS SUGAR •
- MILK — IT'S GOOD FOR YOUR BODY •

# THINK BEFORE YOU DRINK

What is better than a cold drink on a hot day? Drinks are an important part of our meals. But it is important to make the healthiest drink choices you can!

## LESS IS MORE WHEN IT COMES TO SUGAR

It is very important to watch how much sugar is in what you drink. Too much sugar is not healthy for your body or teeth. And lots of sugar means lots of calories.

## TIPS FOR DRINKING LESS SUGAR

- Limit how much soda you drink. It has lots of sugar, and no vitamins or minerals.
- Other soft drinks (iced tea, sports drinks) also have lots of sugar. Try diet drinks or the calorie-free flavored waters instead.

- Juice drinks have lots of sugar and not many vitamins.
- 100% juices are healthy, but are still high in “natural” sugar. Limit juice to 2 glasses a day. Or, mix your juice with seltzer to cut down on the sugar and calories.
- Water is the best!

## MILK — IT'S GOOD FOR YOUR BODY

Milk is good for your bones and teeth because it has calcium and vitamin D.

- Whole milk is good for kids ages 1–2 years.
- Bigger kids and adults should drink low-fat milk (2%, 1% or skim milk). It's got all the vitamins and minerals, and a lot less fat and calories!



# EAT MORE FRUITS & VEGETABLES



- WHY SHOULD I EAT MORE FRUITS AND VEGETABLES? •
  - HOW MUCH IS ENOUGH? •
  - WHAT ARE MY BEST CHOICES? •
- HOW DO I ADD FRUITS AND VEGETABLES TO MY FAMILY'S DIET? •

# EAT MORE FRUITS & VEGETABLES

## WHY SHOULD I EAT MORE FRUITS AND VEGETABLES?

- Fruits and vegetables taste great!
- They can help protect you and your family from disease.
- Most are low in fat and calories.
- They are rich in vitamins, minerals and other nutrients that keep your family healthy.
- They have a lot of fiber which helps you feel full and avoid constipation.

## HOW MUCH IS ENOUGH?

- Try to eat at least 5 servings of fruits and vegetables a day.
- A serving is:
  - 1 cup of raw, leafy greens.
  - half cup of fresh or cooked fruits or vegetables.

## WHAT ARE MY BEST CHOICES?

- Fresh, frozen, dried or canned vegetables are all good for you.
- Those with the most color are the best for you and your family.
- Serve different colored fruits and vegetables throughout the day.

## HOW DO I ADD FRUITS AND VEGETABLES TO MY FAMILY'S DIET?

- Try adding them to casseroles, soups, salads, pasta and rice.
- Keep ready-to-eat fresh fruits and vegetables in the refrigerator for family snacks.
- Eat fruit with breakfast.
- Serve fruit as a sweet end to a meal.



# BE ACTIVE



- GET MOVING • KEEP IT SIMPLE •
- MAKE IT FUN • TURN OFF THE TV •
- MAKE IT A FAMILY AFFAIR •

# BE ACTIVE

## GET MOVING

Regular physical activity is important for your family's health. It makes you feel better. And it can help with weight control, blood pressure, cholesterol, diabetes, and stress.

- Adults and teens should be active 30-60 minutes a day on most days of the week.
- Children should get at least 60 minutes of physical activity a day.

## KEEP IT SIMPLE

Walking is a great way to exercise. Try to walk at a fast pace or:

- Take the stairs instead of the elevator.
- Get off the bus or subway one stop early.
- Dance while you clean your house.

## MAKE IT FUN

- Sign up your kids for team sports or martial arts. Look into local sports and after school programs.

- Check out the local Parks Department for free activities.
- Jumping rope and dancing are also fun ways to be active.

## TURN OFF THE TV

Too much time in front of the TV can help make you overweight and out of shape. So can playing too many video and computer games.

- Limit TV, video and computer game time to 2 hours a day or less.

## MAKE IT A FAMILY AFFAIR

Being active can be fun for the whole family. Remember, being active is important all year round.

- Go for a walk with your kids.
- Play ball together in the park.
- Take family trips to the zoo.
- Go sledding in the winter or swimming in the summer.
- Try an indoor activity like bowling or roller skating.





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