



# Building a Healthy Family

## makeTODAYcount!



**5** servings of fruits & vegetables daily



**2** hours or less of screen time



**1** hour or more of physical activity daily



**0** sweetened beverages

### Nutrition

#### Feeding Practices

- Eat and buy foods you want your child to eat.
- Enjoy regular mealtimes together.
- Reward with activity and reading rather than food.
- Children eat different amounts from day to day. Let your child decide how much to eat.
- New foods need to be offered as many as 10 times or more before being accepted.
- Eating breakfast improves attention and grades, and decreases the risk of obesity.
- When eating out choose grilled, steamed, and baked foods instead of fried foods.

#### Food Choices

- Use the plate method: fill  $\frac{1}{2}$  your plate with fruits and vegetables,  $\frac{1}{4}$  whole grain,  $\frac{1}{4}$  lean protein.
- Eat dark green and orange vegetables every day. Try fresh, frozen or canned vegetables.
- Encourage whole fruit instead of juice, and serve fresh fruit that is in season.
- Whole grain foods include: brown rice, oatmeal, bran cereal, whole grain breads, and whole grain pasta.
- Choose lean protein: beans, fish, poultry, eggs, pork, beef.
- Serve nonfat milk with meals and water between meals.

### Physical Activity

*(Minimum of 60 minutes throughout the day)*

- Play and have fun together as a family or with peers.
- Improve your health and the planet's health: walk, bike or use public transit when possible.
- Find physical activities your child/teen enjoys, i.e. sports, dance, outdoor activities.
- Join a recreation center, YMCA or boys and girls club.
- Television and screens in bedrooms interfere with sleep and increase usage.
- Enjoy nature and activities as a family: get outside!
- Toddlers and preschool children need several hours of unstructured movement every day in addition to 30 minutes of structured daily activity. Avoid periods of inactivity more than 60 minutes at a time unless sleeping.

### Resources

#### Nutrition

[www.letsmove.gov](http://www.letsmove.gov)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
<http://wecan.nhlbi.nih.gov>  
[www.eatrightcolorado.org](http://www.eatrightcolorado.org)

#### Physical Activity

[www.nwf.org/Get-Outside](http://www.nwf.org/Get-Outside)  
[www.bam.gov](http://www.bam.gov)  
[www.naturefind.com](http://www.naturefind.com)  
[www.letsgo.org](http://www.letsgo.org)



# Building a Healthy Family

## makeTODAYcount!



Goals are most successful when all family members participate and support one another.

### Choose one or two goals your family will work to achieve:



**servings of fruits and vegetables**

#### 5 servings of fruits and vegetables daily

- Include at least one fruit or vegetable with every snack or meal
- Add color: make ½ your plate fruits or vegetables at most meals
- Add extra vegetables to tacos, stews, burritos, soups, etc.



**hours or less of screen time**

#### 2 or less hours of screen time daily

- Remove TV and screens from bedrooms
- Enjoy time outside: daily green hour without any screens
- Unplug the family for 1-2 weeks, plan activities without screens
- Join after-school activities or community centers
- Turn off TV during meals



**hour or more of physical activity**

#### 1 or more hours of physical activity daily

- Walk or bike to school (or at least the last 5 blocks)
- Join a sports team, dance group or outdoor club
- Play outside daily: invent games, jump in leaves, build snow forts, etc.
- Sign up for a recreation pass as a family or with friends
- Spend family time together hiking, playing a sport or other activities



**sweetened beverages**

#### 0 sweetened beverages daily

- Drink nonfat milk, water, or water flavored with fruit
- Save money: do not buy soda, sports drinks, fruit drinks
- Reduce amount of soda, sports drinks, fruit drinks to \_\_\_/week

#### Other

- Eat breakfast daily
- Eat dinner as a family \_\_\_ times/week
- Serve smaller portions (see mypyramid.gov)
- Eat out/take out less than \_\_\_ times/week
- Additional goal: \_\_\_\_\_

### Family Signatures

Family Member \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

Adapted from Weld County Dept. Public Health and Environment