

# BREAKFAST & REGULAR MEALS

## HEALTHY HABITS TOOLKIT

### WHY IS BREAKFAST IMPORTANT?

A healthy breakfast gives your child the nutrition their body needs to start the day. Children who eat breakfast are more likely to do well in school, have an overall better mood, eat healthier during the day, and have a healthy weight.

### WHY IS IT IMPORTANT TO EAT THREE MEALS A DAY?

Eating breakfast, lunch, and dinner gives the body the energy and nutrition it needs during the day. Skipping meals can actually cause your child to eat more than needed during the day.

### WHAT MAKES A WELL-BALANCED BREAKFAST?

Try to have at least 2 different food groups as part of your child's breakfast. Here are a few ideas to try at home!

<b>Protein</b>	Eat a variety of protein foods such as scrambled eggs, nuts or peanut butter. Dairy foods like milk and yogurt also have protein.
<b>Grains</b>	Whole-grain cereal or oatmeal are healthy grains that can be eaten with fruit for a well balanced breakfast.
<b>Fruits</b>	Include fresh fruit like a banana, apple, or berries.
<b>Vegetables</b>	Add vegetables like bell peppers and spinach to your scrambled eggs. Try spinach or kale in smoothies.
<b>Milk</b>	Have a glass of low-fat or fat-free milk, or a serving of yogurt.

### TIPS FOR ENCOURAGING YOUR CHILD TO EAT REGULAR MEALS

#### **If Your Child isn't Hungry in the Morning**

To start the healthy habit of eating breakfast every morning, make changes in steps. Start off with a glass of milk every morning. Next, add whole-grain cereal. Finally, add fruit for a balanced breakfast.

#### **If Your Child isn't Interested in Eating Breakfast**

Encourage him/her to help you make breakfast in the morning; preparing breakfast together can be a fun part of your morning routine.

#### **If there's no Time in the Morning for Breakfast**

Choose healthy breakfast options that your child can eat on the go that require no or little preparation: dry cereal, fresh fruit, cup of yogurt, or a hard-boiled egg.

#### **If Your Child isn't Hungry for Lunch or Dinner**

If your child has snacks between meals, try smaller snack portion sizes or fewer snacks between meals overall. Limit or avoid snacks after dinner to encourage your child to eat when dinner is served.



Healthy Choices Count!

# FRUITS & VEGETABLES

## HEALTHY HABITS TOOLKIT

### WHY ARE FRUITS AND VEGGIES IMPORTANT?

What we eat matters for our bodies. Fruits and veggies have lots of nutrition and different colors of fruits and veggies have different vitamins and minerals. Healthy eating styles that include fruits and veggies can help prevent diseases like type 2 diabetes, cancer, and heart disease.

### HOW MANY FRUITS AND VEGGIES SHOULD WE EAT?

EAT **5** OR MORE  
FRUITS AND VEGGIES  
EVERY DAY!

#### WHAT IS ONE SERVING?

Kids: Size of the palm of their hand

Adults:

Whole fruit: Size of a tennis ball

Chopped fruits or veggies: ½ cup

Dried fruit: ¼ cup

Leafy greens: 1 cup



### TIPS FOR EATING MORE FRUITS AND VEGGIES

- Keep a bowl of whole fruit on the table, counter, or in the fridge.
- Buy fresh fruits and veggies in season when they may cost less and have the best flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh.
- Stock up on frozen veggies for quick and easy cooking in the microwave.
- Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
- Try herbs or seasonings on veggies to add flavor, and try different ways of cooking like roasting, boiling, or just eating them raw.
- Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds.
- Let children decide on the veggies at meals or what goes into salads.
- Children can help shop for and prepare fruits and veggies - they are more likely to try something they helped make.
- Offer new fruits and veggies over and over again – it can take many times of seeing or trying before a child may like them.

#### QUICK TIP

Making half your plate fruits and veggies can help you eat 5 or more servings of fruits and veggies a day!



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# FAMILY MEALS

## HEALTHY HABITS TOOLKIT

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### WHY ARE FAMILY MEALS IMPORTANT?

Eating meals together as a family is important for your child's overall health. Children who eat with their families are more likely to eat fruits, veggies, and whole grains. Family meals give parents time to be role models for healthy eating. Sharing meals as a family also gives families a time to talk with each other.

### WHY IS EATING AT HOME IMPORTANT?

Meals eaten at home are often healthier than meals eaten while dining out. Meals eaten while dining out often have more sodium and unhealthy fats, as well as larger portion sizes, than what we need to eat.

### TIPS FOR EATING HEALTHIER TOGETHER

#### **Eat More Meals Together at Home**

Set a goal to eat family meals each week. Making meals as a family helps your child learn about the food they eat and how to make healthy choices.

#### **Plan and Make Meals Ahead of Time**

To save time, pick one day a week to make main dishes ahead of time. On the day of the meal, add sides like veggies, fruits, and whole grains.

#### **Change as a Family**

Change is easier when the whole family takes part. Family dinners are a time for parents to act as role models and teach healthy eating habits. Eat the foods you want your child to eat and be willing to try new foods so your child might try them, too.

#### **Focus on the Meal**

Family meals are a great time to talk and grow as a family. Help your child focus on the meal by having a no cell phone and no TV rule at the table.

#### **Make Healthy Choices Away From Home**

When dining out, look for meals with fruits and veggies. Try sharing a main dish with a family member for smaller portions. Choose drinks without added sugar like water, fat-free or low-fat milk, or unsweetened tea.

### QUICK TIP

Parents and caregivers decide:

- What the food choices are
- When meals are served
- Where meals are eaten

Children decide:

- If and how much to eat of what's offered



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# HEALTHY DRINK CHOICES

## HEALTHY HABITS TOOLKIT

### WHAT SHOULD OUR FAMILY BE DRINKING?

Water and milk are the best drink choices for healthy lifestyles. Water is important for lots of things our bodies do, like keeping a normal temperature and breaking down the food we eat so the body can use it. Most of the body is made up of water – 60-75%! Milk has calcium that is important for healthy growth and making strong bones.

### WHAT ARE SUGAR-SWEETENED DRINKS?

Sugar-sweetened drinks include any drinks that have sugar. The most common are juice, soda pop, sports drinks, energy drinks, flavored milks, and sweet teas. It is recommended that children have 0 sugar-sweetened drinks each day.

### WHAT ABOUT JUICE?

Even though 100% fruit juice has some nutrients, it also has more sugar than your child needs. Choose whole fruits instead because they have fiber. Too much juice can also be harmful for children's teeth. If you choose to serve juice, choose 100% fruit juice and limit to 4-6oz a day for 1-6 year olds and 8-12oz a day for children 7 years and older.

### TIPS FOR MAKING HEALTHIER DRINK CHOICES

- Cut down on sugary drinks in steps. Make daily and weekly goals. Once your family reaches one goal, move to the next goal.
- For flavored water, try adding lemon, lime, or orange wedges to water. Try mixing seltzer water with a splash of juice.
- Keep water and milk available to drink at home. Fill a pitcher of water and keep it in the fridge. Children are less likely to drink soda pop or other sugary drinks if they're not at home.
- Change as a family. Be a role model by choosing water instead of sugary drinks.
- Choose low-fat or fat-free milk most often. If you choose to serve chocolate milk, make it at home by adding a dash of chocolate syrup.

### HEALTHY DRINK CHOICES FOR CHILDREN

- Drink water most often
- Drink 2-3 cups of low-fat or fat-free milk per day (or have other dairy choices)
- Try for 0 sugary drinks per day

### HOW MUCH SUGAR IS IN MY DRINK?

Beverage	Serving Size (oz)	Grams of Sugar
Water	8	0
Lipton Lemon Iced Tea	8	15
Hawaiian Punch	8	17
100% Orange Juice	8	20
Chocolate Milk	8	29
Cola	12	39

### SERVING SIZE MATTERS

Sugar in typical fast food cola drinks:



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# HEALTHY EATING STYLES

## HEALTHY HABITS TOOLKIT

### WHY IS A HEALTHY EATING STYLE IMPORTANT?

What we eat and drink matters for our bodies. A healthy eating style helps children grow, have energy to do well in school, and be physically active. Healthy eating styles can also help prevent diseases like type 2 diabetes, cancer, and heart disease.

### WHAT SHOULD MY FAMILY EAT?

- **Make half your plate fruits and veggies.** Try apples, bananas, pears, grapes, strawberries, broccoli, green beans, tomatoes, carrots, bell peppers or spinach.
- **Make half your grains whole grains.** Try brown rice, oatmeal, whole wheat bread or tortillas, cornmeal, or quinoa.
- **Vary your protein routine.** Try seafood, beans and peas, nuts and seeds, soy foods, eggs, and lean meat.
- **Move to low-fat or fat-free milk or yogurt.** Try low-fat or fat-free milk, yogurt, cottage cheese, and soymilk.

### QUICK TIP

Use MyPlate and the Nutrition Facts Label Together

- **Step 1:** Choose types of food using the MyPlate food groups.
  - Example: Whole wheat bread (grains group)
- **Step 2:** Use the Nutrition Facts Label to choose between foods in the same group.
  - Example: Choose whole wheat bread with 3g of fiber per serving instead of bread with 1g of fiber per serving



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

### USE NUTRITION LABELS TO MAKE HEALTHIER CHOICES

- **Limit saturated and trans fat**
  - Choose foods with less saturated fat
- **Limit sodium**
  - Limit sodium to 2,300 mg per day
- **Increase fiber in diet**
  - Good sources of fiber have at least 3 grams per serving, and excellent sources have 5 grams or more per serving
- **Limit sugar/added sugar in diet**
  - Limit added sugar to 25 grams or less per day
  - Look for added sugars in the ingredient list – brown sugar, dextrose, fructose, glucose, high fructose corn syrup, honey, lactose, malt syrup, molasses, and sucrose. The higher on the ingredient list, the more added sugar in the food
- **Get enough vitamins and minerals**
  - A food is high in vitamins and minerals if it has a daily value of 20% or more, and low if it has 5% or less
- **Ingredients: Look for “whole grain” and “whole wheat” carbohydrates**

Ingredients: Whole Wheat and Brown Rice



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# PORTION SIZES

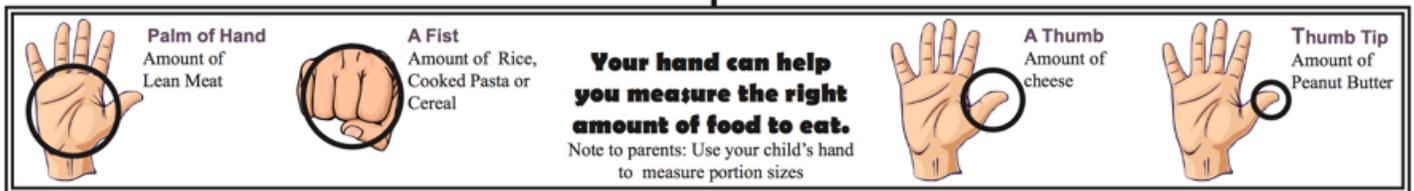
## HEALTHY HABITS TOOLKIT

### WHY ARE PORTION SIZES IMPORTANT?

Portion sizes, especially when dining out, are often larger than what we really need. Starting with smaller portion sizes and paying attention to hunger and fullness signals can help us eat the amount of food we need.

### LET YOUR HAND BE YOUR GUIDE

Use your child's hand to estimate their servings.



### TIPS FOR HEALTHY PORTIONS

- Start with one serving on your child's plate – if they're still hungry they can have more.
- For second servings, start with fruits and vegetables.
- Serve food on smaller plates.
- Help your child eat snacks from a plate or a bowl instead of from the box or package.
- Skip the “clean plate club” - allow your child to leave food on their plate if they are full.

### QUICK TIP: AM I HUNGRY?

Help your child learn to listen to when his/her body needs to eat and when it has had enough to eat by using this hunger and fullness scale. Rate hunger and fullness on a scale of 1 to 10 before and during a meal or snack. The goal is to start eating when feeling around a 3 or 4, and stop eating when feeling around a 5 or 6.

<b>1</b> Starving, feeling dizzy	<b>2</b> Very hungry, low energy, bad mood	<b>3</b> Pretty hungry, stomach starting to growl	<b>4</b> Starting to feel hungry	<b>5</b> Satisfied, not hungry or full	<b>6</b> Stomach slightly full	<b>7</b> Stomach slightly uncomfortable	<b>8</b> Stomach feeling stuffed	<b>9</b> Stomach very uncomfortable	<b>10</b> Stomach extremely full, feeling sick
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# PHYSICAL ACTIVITY

## HEALTHY HABITS TOOLKIT

### WHY IS PHYSICAL ACTIVITY IMPORTANT?

Physical activity helps children keep their heart and lungs healthy, and makes their bones and muscles stronger. Children that are active tend to be healthier, which can also make them better learners. Activity can help reduce stress and help children feel good about themselves. Being active also helps prevent diseases like type 2 diabetes, heart disease, and cancer.

### HOW MUCH PHYSICAL ACTIVITY DOES MY CHILD NEED?

#### For 2 to 5 Year Olds

At least 1 hour of play and physical activity every day. Keep activity fun!

#### For 6 to 17 Year Olds

At least 1 hour of physical activity every day. Most of the hour should be moderate to vigorous activity. These are activities that make your child sweat or breathe hard, like fast walking, running, swimming, bicycling, dancing or playing basketball.

Also try activities that help build muscles and bones 3 days per week. To strengthen muscles, try monkey bars, push-ups, tug of war, and climbing trees. To strengthen bones, try jumping rope, running, and playing volleyball and basketball.

### QUICK TIP

#### If you don't have time

Make activity part of your day. Take the stairs more often or walk around the store before shopping. Activity can be done for even 10 minutes at a time.

#### If your child doesn't like sports

Help your child to try other activities like dancing, bicycling, swimming and walking. Do volunteer work or find a friend to be an "activity buddy."

#### If you can't be outside

Stay inside and dance to music or make games with active toys like balls, hula hoops, and jump ropes. Go to a rec center or fit in activity at school.

### PARENTS - JOIN THE ACTIVITY!

- Play with your child at home
- Go for walks as a family
- Help your child sign up for a sport or dance team
- Teach your child about your favorite activities



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# SCREEN TIME

## HEALTHY HABITS TOOLKIT

### WHAT IS SCREEN TIME?

Screen time includes time spent using the TV, computers, video games, tablets, and cell phones. Recreational screen time is any time spent with screens that is not for education or schoolwork.

### HOW MUCH SCREEN TIME SHOULD MY CHILD HAVE EVERY DAY?

It is recommended to limit recreational screen time to no more than 2 hours per day for children 2 years of age and older, and no screen time for children under the age of 2.

### WHY IS IT IMPORTANT TO LIMIT SCREEN TIME?

Screen time often replaces physical activity and can lead to more snacking. Too much TV can lower reading scores and cause attention problems. Limiting screen time can improve a child's health.

### TIPS FOR MAKING HEALTHIER SCREEN TIME CHOICES

#### Set a Screen Time Schedule

Plan out screen time for each day with your child. Stick to the schedule and do not have the TV on while doing other activities. Try using a timer – when the bell rings, it is time to turn off the screens. To create your family media plan, visit: [www.healthychildren.org/mediauseplan](http://www.healthychildren.org/mediauseplan)

#### Pay Attention to the Content

Choose age-appropriate programs. Avoid commercials by watching recorded shows, using DVDs, or streaming shows online commercial-free.

#### Don't Mix TV and Food

Avoid eating while watching TV, which can lead to eating too much. To promote healthy eating habits, eat meals together as a family and turn off the TV and cell phones.

#### Keep the Bedroom Screen-Free

Don't allow screens in your child's bedroom. Getting enough sleep is very important for your child's health. Kids with a TV in their bedroom get less sleep every night, which can lead to unhealthy weight gain.

#### Play Instead!

Instead of watching TV, play together as a family. Whether you are playing inside or outside, do your favorite family activity together. Play a board game, build a puzzle, go on a family bike ride, or play at a local park.

### POINTS TO REMEMBER

- Limit screen time to less than 2 hours a day.
- Avoid eating food while watching TV, or while playing on a computer or cell phone.
- Have screen-free zones in your home, including the dining room and your child's bedroom.
- Instead of screen time, play together as a family.



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# SLEEP

## HEALTHY HABITS TOOLKIT

### WHY IS SLEEP IMPORTANT?

The amount of rest we give our bodies at night is very important for our health. Sleep is needed to maintain our body's daily activities. Getting enough sleep helps children do better in school and be more physically active. Not getting enough sleep can also affect eating habits, and lead to eating more than needed during the day.

### TIPS FOR GETTING A GOOD NIGHT'S SLEEP

#### Keep a Regular Sleep Schedule

Decide on a bedtime for your child and stick to it every night. Keeping a routine will help your child fall asleep and stay asleep. Have your child wake up at the same time every morning, even on the weekends.

#### Make the Bedroom a Great Place to Sleep

Keep screens (like TVs and cell phones) out of the bedroom. Use soothing sounds like soft music. Dim lights as it gets closer to bedtime and brighten lights in the morning to help tell the brain when to sleep and when to wake up.

#### Follow the Same Bedtime Routine

Set up a routine to help your child slow down and relax before bed. Avoid TV and other screen time at least one hour before bedtime. Skip caffeine, too!

#### Daily Activities Affect Sleep

Getting more physical activity during the day can help your child go to sleep on time. If your child is having a hard time falling asleep, try playing outside more during the day.

#### Use Naps to Your Advantage, but Don't Overdo It

While naps can be important for getting enough sleep, too long of a nap can spoil bedtime. If your child is having a hard time falling asleep at night, cut back on naptime during the day.

### HOW MUCH SLEEP DOES MY CHILD NEED?

Age	Sleep Needed in 24 Hours
Less than 6 months	16-20 hours
6-12 months	14-15 hours
1-3 years	10-13 hours
3-10 years	10-12 hours
11-12 years	Around 10 hours
13-17 years	Around 9 hours

### A COMMON SLEEP DISORDER: SLEEP APNEA

Sleep apnea can prevent your child from getting quality sleep. Excess weight is a common cause of sleep apnea. It is important that sleep apnea is diagnosed and treated.

Watch for these signs of sleep apnea:

- Nighttime signs – snoring, restless sleep, mouth breathing, difficulty waking up in the morning even with the right amount of sleep.
- Daytime signs- hyperactivity, inattention, behavior problems, sleepiness, headaches.

If your child has any of these symptoms, talk to your pediatrician.



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