

# Watching Less Television



Young children who watch a lot of television are at risk of becoming overweight. Families who watch a lot of TV tend to be less active, eat more unhealthy foods and often have more health problems.

## **Recommendations:**

- **For babies and toddlers less than age 2: no TV at all.**
- **For children ages 2 to 18: no more than 2 hours of TV a day.**
- **For all children: no TV in the room where children sleep.**

# Watching Less Television

## Try this!

- **Turn off the TV** when no one is watching it.
- **Turn off the TV** one night a week.
- **Turn off the TV** during meals and snack times.
- **Limit TV and video games** to less than 2 hours a day, including weekends.
- **Take the TV out** of the room where your child sleeps.
- **Plan** family activities other than watching TV.
- **Cancel** Cable TV.
- **Remind** your babysitter: no TV until 2 years old.
- **Read** books together instead of TV.

**What will YOU do with your child?**



# Getting Up and Moving More



**Active play** is an important part of being healthy. Active play helps children control their weight, helps prevent diseases like diabetes and heart problems, promotes healthy growth and improves learning. Active play is fun for your child and your family.

## **Recommendations:**

- *At least 60 minutes a day of active play.*

# Getting Up and Moving More

## Try this!

- **Turn off** the TV and video games.
- **Dance** to music.
- **Run** in the park.
- **Take** walks with the family.
- **Throw** a ball.
- **Jump** rope.
- **Play** active games with the family.

## What will YOU do with your child?



# Choosing Small, Healthy & Fun Snacks



Snacks are small amounts of healthy food offered between meals. Children have small stomachs. They need to eat snacks for energy and to get enough nutrients for growth.

## **Recommendations:**

- Plan regular snack times.
- Sit with your child when eating snacks.
- Only serve sweets once in a while.
- Give hugs and attention as rewards rather than giving treats.

# Choosing Small, Healthy & Fun Snacks

## Try this!

- *Schedule a snack time mid-morning, mid-afternoon, and maybe before bed.*
- *Prepare snacks ahead of time. Cut up vegetables or fruits so they are ready for your children to eat.*
- *Bring healthy snacks along when away from home.*
- *Invite your child to help you pick healthy food for snacks at the grocery store.*
- *Serve a small sandwich or peanut butter on crackers.*
- *Try WIC cereal and low fat milk as a snack.*
- *Yogurt or fruit juice popsicles make healthy low fat snacks.*

**What will YOU do with your child?**



# Eating Yummy Vegetables & Fruits



*Vegetables and fruits give the body lots of important nutrients and help the body fight disease. When children eat more vegetables and fruits, they usually eat fewer unhealthy foods.*

## **Recommendations:**

- **Eat at least 5 servings of vegetables and fruits each day.**

# Eating Yummy Vegetables & Fruits

## Try this!

- Offer at least one vegetable or fruit at each meal and snack.
- Put small pieces of fruit on tooth picks.
- Limit french fries and zucchini fries.
- Dip pieces of vegetables into low fat salad dressing.
- Make fruit smoothies.
- Add vegetables to casseroles, stews, rice dishes and spaghetti sauces.
- Make soup with leftover vegetables.
- Choose vegetables and fruits that are of many different colors.
- Have fun at your local Farmer's Market or store by choosing new vegetables and fruits to try.

## What will YOU do with your child?





# Choosing Healthy Beverages



Sweetened beverages have a lot of calories. Families who drink lots of sodas and other sugary drinks tend to put on more weight. They are also at risk for health problems like heart disease, diabetes and tooth decay.

## **Recommendations:**

- Drink water when thirsty.
- Choose 1% or non-fat milk for adults and children over 2 years of age.
- Limit sodas and other sugary drinks such as Tampico, Kool-Aid, Gatorade and fruit punch.
- Limit juice to one small cup a day.

# Choosing Healthy Beverages

## Try this!

- Choose water as your child's main beverage. Add a lemon, lime or orange slice for flavor.
- For children 2 years and older, offer 1% milk or non-fat milk with meals instead of soda.
- Offer only 100% juice instead of juice drinks. Limit to one small cup a day.
- Choose not to keep sodas in the house.
- Blend fresh fruit, water and ice.

**What will YOU do with your child?**

