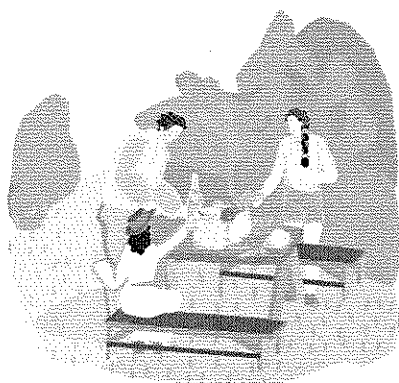


Parent Tips to Help Children Develop Healthy Habits

Borrowed from the "Food, Fitness, and the Healthy Family" article by the American Heart Association

- Be a positive role model.
- Get the whole family active. Plan times for everyone to get moving together.
- Limit TV, video game, and computer time.
- Encourage physical activities that children really enjoy. Let them experiment with different activities to find something they really love doing.
- Be supportive. Celebrate successes and help children and teens develop a good self-image.
- Set specific physical activity goals, such as walking for one hour a day.
- Find ways to celebrate kids' good behavior without using food.
- Make dinnertime a family time. Get the kids involved in cooking and planning meals.
- Make a game of reading food labels to create a fun way of learning about good nutrition.
- Stay involved. Insist on good food choices. Make sure your children's health care providers are monitoring your children's growth and development.



*Milford TV Schools
Nutrition Services
Department*

Simple Steps to Good Nutrition

- *Enjoy a wide variety of foods. When planning a week's worth of meals strive to incorporate:*
 - 6 or more servings of whole grain foods*
 - 5 or more servings of a variety of fruits and vegetables*
 - 2 or more servings of fat-free or low-fat milk and cheese,*
 - 2 servings of lean meat (ie: turkey, chicken, fish).*
- *Balance your food intake with physical activity.*
- *Eat meals that are low in sodium, saturated fat and cholesterol.*
- *Drink plenty of water and non-caffeinated beverages, at least 8-10 glasses per day.*