



Making the Commitment

Foundations of Healthy Habits

Which of these do you currently follow in your household?

EAT FAMILY MEALS

Children who eat with their family make healthier choices, have better nutrition, and do better in school. You can make family meals easier by:

- Asking the whole family to help with the planning, cooking, and cleaning of the meal
- Create a weekly menu that includes a variety of food groups
- On days you have time to cook, make a double recipe and freeze the rest for a busier day

INCLUDE MORE FRUITS AND VEGGIES

Fruits and vegetables include many vitamins and minerals plus fiber and antioxidants. Eating a variety of colors throughout the week is best.

LIMIT SCREEN TIME TO 2 HOURS/DAY

Screen time includes TV, internet, computer and video games, and talking/texting on the phone. Children who have less than 2 hours of screen time have been found to be at a healthier weight. Here are some tips to help reduce screen time:

- Set aside specific times during the day for TV or video games
- Turn off the TV during dinner
- Remove TVs, and computers from bedrooms

HAVE A HEALTHY BREAKFAST EVERY DAY

Eating breakfast gets your metabolism going, helps you feel full throughout the day, and increases attention.

Who is responsible for these changes...parent or child?

The answer is BOTH

Parents are responsible for:

- providing quality meals and snacks
- supporting your child
- being a good role model

Children and adolescents are responsible for:

- taking ownership of the changes
- setting realistic goals
- making changes on your own

BE ACTIVE EACH DAY

Schedule time for physical activity and find creative ways to be active, like walking the dog or playing in the snow.

LIMIT SUGAR-SWEETENED BEVERAGES

Sugar-sweetened beverages include sports drinks, soda, and juice flavored drinks. These add lots of calories to your diet without providing any nutrients. Instead of sugar-sweetened beverages choose:

- milk
- 100% fruit juice
- water.

EAT PROPER PORTIONS

Extra calories from oversized portions can add up fast. Learn what the proper portion size is and be sure to stick to it, even when eating out.