

# 7-10 years old

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Fueling your thoughts

- Do you eat breakfast every day?
- Do you eat fruits and vegetables every day?
- How many meals do you eat with your family each week?
- How often do you eat fast foods?
- What do you drink with meals?
- How much physical activity do you get every day?
- What activities do you do as a family?  
What are your favorite activities?
- How much time do you spend watching TV,  
playing on the computer, videogames,  
or texting every day?

## Nutrition Advice

**Breakfast** ~ Eating breakfast every day helps children do well in school and improves overall health.

**Lunch** ~ Buying school meals can be nutritious and time saving; review school menus with your child and plan ahead. When packing lunches, it is important to include at least 4 out of the 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).

**Snacks** ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.

**Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.

**Eating Out** ~ Keep portion sizes small or share meals (don't "super size").

- Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

**Beverages** ~ Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice (limit fruit juice to 1 cup or 8 oz. serving per day).

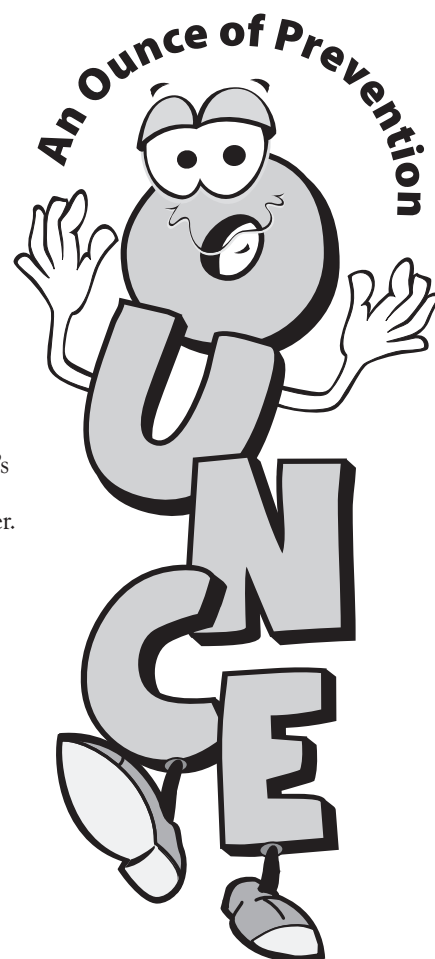
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.

## Be Active

- Be active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking or shoveling snow.

## Parents

- Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).
- Be a good role model for your kids – be physically active and eat healthy foods.
- "Screen time" (computers, TV, gaming systems, texting, etc) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
- Screens may be monitored easily if moved to a common area; keep them out of child's bedroom.
- Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
- If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.
- For more information visit [www.mypyramid.gov](http://www.mypyramid.gov)



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**is Worth a Pound**