



# GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

Child's Name \_\_\_\_\_

Date \_\_\_\_\_

## IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5** Eat at least 5 fruits and vegetables a day.
- 2** Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

## OUR GOAL FOR THIS MONTH IS TO:

Need help getting started? Flip over for more healthy ideas.

- 5** Eat \_\_\_\_\_ fruits and vegetables a day.
- 2** Get \_\_\_\_\_ minutes of active play a day.
- 1** Limit screen time to \_\_\_\_\_ minutes a day.
- 0** Limit sugary drinks to \_\_\_\_\_ a day.

Our plan: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent's Name \_\_\_\_\_

Health Manager's Name \_\_\_\_\_



THE NATIONAL CENTER ON  
**Health**

Toll-free phone: 888/227-5125

E-mail: [NCHinfo@aap.org](mailto:NCHinfo@aap.org)

Web: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center>



## GROWING HEALTHY

### 5 Fruits and Vegetables a Day

- Go for the rainbow. Each month, pick a color from the rainbow and try to eat a new fruit or veggie of that color (green, purple, orange, yellow, red). It's a great way for little ones to learn colors while you're all eating healthy.
- Pick a letter of the alphabet and see how many new fruits or veggies you can try that start with that letter.
- Whenever possible, let your child help get fruits and veggies ready to serve. Maybe he can wash an apple or she can mix the salad. Your little chefs may be more likely to try foods that they help to prepare.
- Ever feel like fresh fruits and veggies are just too expensive? Try frozen ones instead—they're just as healthy.

### 2 Hours or Less of Screen Time a Day

- A great way to cut down on screen time is to make a “no television (or computer) while eating” rule.
- If your children are watching TV, watch with them. Use commercial breaks for an activity break—hula hoop, dance, or come up with a crazy new way to do jumping jacks.
- If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and you'll know how long they watched.
- Television in your child's bedroom might seem like a convenience but watching TV close to bedtime can affect your child's ability to sleep.

### 1 Hour of Active Play or Physical Activity a Day

- An hour of active play might seem like a lot but you don't have to do it all at one time. Try being active for 10–15 minutes several times each day.
- What were your favorite active games when you were a child? They might seem old school to you but they'll be new to your child. Try one today.
- Rain or bad weather has you stuck in the house? Don't let it keep you and your child from being active together.
  - Have an indoor parade
  - Set up a scavenger hunt inside
  - Start your own indoor Olympics—who can jump on one foot the longest or do the most sit ups?

### 0 Sugary Drinks a Day

- Let your child pick their favorite “big kid” cup and use that only for water
- Think plain water is too boring? Try adding a fruit slice (like orange) for natural flavor.
- If you're still trying to cut sugary drinks down to zero, keep up the great work! Young children should never have soda pop or sports drinks but if you choose to give juice, please remember:
  - make sure the label says 100% fruit juice
  - limit the amount to 1 small cup a day (4-6 ounces if you measure it out)
  - serve milk with meals and offer water at snack time
  - avoid buying juice or picking it up from WIC—if it's not in the house, no one can drink it