



Healthy Choices for Healthy Families

Nutrition

- 🍏 Choose a variety of foods.
 - ★ Aim to eat at least 5 servings of fruits and vegetables each day.
 - ★ Include 3 servings a day of low fat milk or dairy products.
 - ★ Choose fiber rich whole grains
 - ★ Select lean meats.
- 🍏 Eat foods low in saturated fat, trans fat and total fat.
- 🍏 Limit foods and drinks that are high in sugar such as candy and soda.
- 🍏 Drink plenty of water every day.
- 🍏 Plan ahead for eating healthy snacks.
- 🍏 Eat a healthy breakfast everyday.
- 🍏 Serve smaller portions.

Physical Activity

- 🍏 Combining home and school time, a student should accomplish at least 60 minutes of physical activity everyday.
- 🍏 Children should not have extended periods (2 hours or more) of inactivity.
- 🍏 Children should participate each day in a variety of age appropriate physical activities to promote lifetime fitness.
- 🍏 Limit television watching, video games, and computer related activities to no more than 2 hours per day outside of school.

Making Changes

- 🍏 Balance food choices with physical activity for a healthy body.
- 🍏 Set a good example for children by making physical activity and healthy eating a part of the daily routine.
 - ★ As often as possible, eat meals together as a family.
 - ★ As a family, be physically active together.
- 🍏 Focus on small but permanent changes for better health.



For more information on healthy eating and physical activity go to www.choosemyplate.gov.

