Fueling Your Thoughts

- Are you concerned with your child’s eating habits or level of activity?
- Do you and your child eat vegetables every day?
- How many meals do you eat as a family each week? How many are from fast food, take out, etc.?
- What beverages do you buy?
- How much time does your child watch TV, play on the computer, play video games, or text daily?
- What do you and your child do to stay active?

Nutrition Tips

- **Breakfast**—Eating a healthy breakfast every day is recommended.
- **Lunch**—Review school menus with your child and plan ahead; or pack a lunch with at least 4 out of the 5 food groups (calcium foods, fruits, vegetables, whole grains and lean protein).
- **Snacks**—Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, cheese, yogurt, milk, lean meats, whole grains, low sugar cereal or nuts.
- **Dinner**—Eat as many meals as possible as a family. Be sure to slow down, enjoy, and turn off screens.
- **Eating Out**—Keep portion sizes small or share meals (don’t “super size”).
  - Choose fruit or salad instead of fries, milk instead of soft drinks, baked or broiled instead of fried.
- **Beverages - Think Your Drink!**
  - The best choices are water or milk.
  - Limit sweetened beverages such as soft drinks, iced teas, energy drinks and caffeine-containing beverages.

Be Active

- Be active an hour a day. Focus on FUN!
- Count time spent doing chores: car washing, walking the dog, sweeping, pulling weeds, raking or shoveling snow.

Parents

- Your main job as a parent is to offer a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish and eggs).
- Be a good role model for your kids – be active and eat healthy foods.
- “Screen time” (computers, TV, gaming systems, phones, texting, etc.) should be limited to 2 hours or less daily (pre-plan how “screen time” will be used).
- Screens should be kept 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.
- Caffeine can interfere with a healthy sleep routine.
- If you have concerns about your child’s weight, physical activity or eating behaviors, ask your healthcare provider.