

7–10 years

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.

These handouts are the property of the Ohio Chapter, American Academy of Pediatrics and the Ohio Department of Health and may not be altered without express permission.