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.