



HEALTHY EATING & PHYSICAL ACTIVITY TIPS FOR CHILDREN

BUILDING A QUALITY DIET

GOAL: Nutrient-rich foods from each of the 5 food groups at every meal and snack

Examples of Nutrient-Rich Foods

FRUITS	<ul style="list-style-type: none"> berries (blueberries, raspberries, strawberries) citrus (oranges, lemons)
VEGETABLES	<ul style="list-style-type: none"> greens (spinach, broccoli) yellows (squash, carrots) reds (beets, red peppers)
WHOLE GRAINS	<ul style="list-style-type: none"> whole-grain cereals whole-grain crackers whole-grain breads
DAIRY	<ul style="list-style-type: none"> milk yogurt cheese
PROTEINS	<ul style="list-style-type: none"> meats (beef, poultry, pork) fish/shellfish eggs beans nuts/nut butters

Foods to Limit



Extra calories



Saturated fats
(red meats, deli meats)



Sugary foods and drinks



Sodium

PHYSICAL ACTIVITY BUILDS HEALTHY CHILDREN



Reduces risk of depression



Improves fitness



Improves bone health



Improves attention and focus

Physical Activity Guidelines:

- INFANTS:** several times daily/ need 30 minutes throughout the day of physical activity
- 1-3 YEARS:** At least 180 minutes daily (*any intensity*)
- 3-5 YEARS:** At least 180 minutes daily, or about 15 minutes every hour they are awake (*at least 60 minutes should be moderate or vigorous*)
- 6-17 YEARS:** > 60 minutes daily (*moderate to vigorous*)

Start where you are! Anything is better than nothing – find activities your child enjoys and gradually increase the time spent.

Try This!

APPS FOR SMART PHONES/TABLETS

- Increase steps:
 - Pokémon Go, Harry Potter Wizards Unite, Zombie Run
 - Geocaching

EXERCISE VIDEOS/YOUTUBE

GoNoodle



SIMPLE, FUN WAYS TO GET PHYSICAL!

Dance • Jump rope • Hopscotch • Simon says • Freeze tag



Looking for Fun or New Ideas?

Ohio AAP has developed a variety of useful health and wellness resources that can be found on the Parenting at Mealtime and Playtime App:

Food security • Health during COVID • Snacking • Play • Screen time • Picky eating