An interactive workbook for families

Choose your family's healthy adventure!

- Fill half of your family's plates with fruits and vegetables.
- Limit kids' screen time to no more than 2 hours a day.
- When your family is active, be sure it's for at least 10 minutes at a stretch.
- Replace sugar-sweetened drinks with water or fat-free milk.
- Ask your kids what physical activities would tempt them away from the TV or other forms of media.
- Make a list before grocery shopping.
- Try a new fruit or vegetable with dinner each week.
- Eat together as a family as often as possible.
- Help your kids be physically active for at least 60 minutes each day.

Small steps can make a big difference! Go to www.nihs.gov/WeCan for more tips!
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GETTING STARTED

Our goal is to help your family live a long life by keeping a healthy weight. Healthy eating and physical activity habits don’t change overnight. It takes time and effort to make them a part of every day life. This toolkit serves as a tool for you and your family to reach a healthy lifestyle. It is important to get every member of your family involved, by working together through the information and activities in this toolkit.

Tips to getting started:

- Start in a way that works best for you and your family.
  - Take the Healthy Habits Survey, page 2, and see where you can improve. Choose one thing you want to work on with your family.
- Focus on simple goals.
  - Use the toolkit’s goal setting cards to choose one or two simple healthy goals.
- Make it easy.
  - This toolkit has tips throughout the sections. Review the tips and write down your own ideas of what would work.
- Stay positive.
  - Keep a positive attitude and encourage your child and other family members along the path to better health.
- Plan ahead.
  - Things will always pop up to block your path to better health. Take the time to think ahead and plan ways to overcome these blocks, like finding time to exercise with your family.
- Enjoy the great taste of food.
  - Choose foods that taste good and that are good for you.
- Be a family leader of exercise.
  - Find the things you and your family like to do and have fun with your exercise.
  - Choose a regular family time for exercise.
- Be a role model.
  - Your kids will learn by watching what you eat and form their own habits.
HEALTHY HABITS SURVEY

Directions: Review the following questions with your family and fill in the answers.

1. Do you eat five or more fruits and vegetables every day? □ Yes □ No
2. Do you have a favorite fruit or vegetable that you eat every day? □ Yes □ No
3. Do you eat breakfast every day? □ Yes □ No
4. Do you watch TV, movies, or play computer games for two hours or less per day? □ Yes □ No
5. Do you do any type of physical activity three or more times a week? □ Yes □ No
6. Do you have a favorite sport or physical activity that you love to do? □ Yes □ No
7. Do you eat dinner at the table as a family at least once a week? □ Yes □ No
8. Do you have TVs in your bedrooms? □ Yes □ No
9. Do you eat in front of the TV? □ Yes □ No
10. Do you drink more than one soda, juice, or other sugar-sweetened drink a week? □ Yes □ No

Based on your answers, is there ONE thing you would be interested in changing now? Circle one.

- Eat more fruits and vegetables
- Spend less time watching TV/movies and playing video/computer games
- Take the TV out of the bedroom
- Eat breakfast every day
- Switch to non-fat or low-fat milk
- Eat dinner together as a family once a week
- Play outside more often
- Drink less soda, juice or punch
- Exercise more often

Turn to the color-coded page based on your response above to get started!
FRUITS AND VEGETABLES

Five stands for five or more servings of fruits and vegetables per day. Fruits and vegetables are packed with disease-fighting nutrients and give you energy, naturally.

- Serve at least one fruit or vegetable at every meal and snack. Try all the different colors.
- Dip veggies in low fat dressing. Tuck them in whole wheat pitas. Toss some on your pizza.
- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.

HOURS OF SCREEN TIME

Two stands for no more than two hours per day in front of a screen (TV, video games, and recreational computer time). A number of studies show a correlation between watching television and obesity.

- Be a role model — limit your own screen time. Play, take a walk, or cook with your kids instead.
- Keep the TV in a central location and out of your child’s bedroom.
- Turn off the TV during dinner and take time to talk about your day.

HOUR OF PHYSICAL ACTIVITY

One means at least one hour of physical activity per day. Physical activity, especially when it gets the heart pumping faster, is vital to maintaining a healthy weight and overall good health. Kids who are raised in active families tend to stay active as adults.

- Plan one physical activity for the family each weekend. Let each child take turns choosing the activity.
- There are lots of ways to be active — walking, dancing, gardening, and raking leaves can all get your heart pumping.
- 10 minutes here, 10 minutes there — and before you know it, you’ve been moving your body for an hour.

SUGAR DRINKS

Zero refers to no sugary drinks—soft drinks, sport drinks and fruit drinks that are not 100% fruit juice. Drink more water and low fat milk instead of sugary drinks.

- Choose water. Add a lemon or lime wedge or a splash of juice for flavor.
- Drink water, milk, and juice yourself. Your children learn by watching you.
- Avoid bringing sodas and sports drinks home. If it’s there, the kids will drink it.
NAME THAT VEGETABLE!
1. I am a very small, round, green vegetable growing in pods.
2. I look like broccoli, except I am all white.
3. I am a leafy green vegetable and the main ingredient in salads.
4. I am an orange vegetable that grows in the ground.

NAME THAT FRUIT!
5. I am packed full of vitamin C, sweet, juicy, and help fight colds.
6. I am a long, yellow fruit that must be peeled before eating.
7. I am a small, red, triangle-shaped fruit. I am the only fruit with seeds on the outside.
8. I am a round, juicy fruit with fuzzy skin and a big pit in the middle.

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.
HEALTHY EATING: CHOOSE MY PLATE

MyPlate is the new Food Guide Pyramid. It is a guide to help you make healthy food choices. Serving suggestions are based on MyPlate’s guidelines for a 2,000 calorie diet. Visit their interactive website to put in your specific needs, www.choosemyplate.gov.

Good Nutrition Starts With MyPlate

- **Fruits**: Choose fresh, frozen, or canned fruit without added sugar.
- **Grains**: Replace refined-grain foods with whole-grain foods. Make at least half your grains whole grains.
- **Vegetables**: Eat a variety of veggies, especially dark-green, red & orange ones.
- **Protein**: Choose from seafood (2x a week), lean meats & poultry, beans & peas, soy products, eggs & unsalted nuts & seeds.
- **Dairy**: Switch to fat-free or low-fat milk & other dairy products.

Keep portion sizes small. No bigger than the palm of your hand.
FAMILY ACTIVITY
What does your plate look like? Draw your foods below.

Is at least half your plate fruits and vegetables?

Do you need another copy of Choose My Plate? Visit our website (www.health.montcopa.org) and download the pdf to print at home.
**Family Activity**

Choose one of your favorite snacks and look on the back of the box or bag at the nutrition facts label. Follow the steps on this page to find out if it is a healthy snack.

1. **Start Here**
   Start by checking what counts as one serving size and how many servings there are per package.

2. **Check Calories:**
   How many calories would you eat if you ate a whole package?
   *Multiply the number of “servings per container” by the “calories”.*

3. **Limit These Nutrients**
   Aim to eat only small amounts of saturated fat, cholesterol, and sodium. Keep trans fat to 0.

4. **Get Enough of these Nutrients**
   Aim to get enough fiber, vitamins, and minerals.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (228g)</th>
<th>Servings Per Container 2</th>
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<tbody>
<tr>
<td>Calories 250</td>
<td>Calories from Fat 110</td>
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<tr>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
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</tbody>
</table>

- **Total Fat** 12g 18%
- Saturated Fat 3g 15%
- Trans Fat 3g
- **Cholesterol** 30mg 10%
- **Sodium** 470mg 20%
- **Total Carbohydrate** 31g 10%
- Dietary Fiber 0g 0%
- Sugars 5g
- **Protein** 5g

**Quick Guide to % Daily Value**

- 5% or less is Low
- 20% or more is High

Use the % Daily Value to compare similar foods and choose the healthiest option.
Make the most of family meal time. Eating meals together gives you a chance to help your child learn a healthy attitude toward food. Here are some tips on making the most of family meals:

- Schedule meals at regular times. Without a schedule, kids tend to snack more.
- Plan at least one meal together every day.
- Avoid eating in front of the computer or TV.
- Involve kids in dinner preparation by having them set the table, get out water or milk, or even help with washing the veggies.

**Did you know?**

It takes 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So if your child is a fast eater, tell them to slow down to give their brains a chance to get the word!

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**Non-Food Rewards at Home**

How to celebrate a job well done without using food treats? Try the following:

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it.
- Allow your child to have a few friends over after school to play sports or for a sleepover.
- Have a family game night and let your child choose the game.

**Consequences of using food rewards:**

- Contributes to poor health.
- Encourages over eating of unhealthy foods.
- Contributes to poor eating habits.
- Increases preference for sweets.

**Did you know?**

Experts have found that kids who eat with their families are more likely to eat fruits, veggies, and whole grains.

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**Words of praise can go a long way. Kids love to hear, “You did a great job” or “I appreciate your help.”**
HELP KIDS EAT MORE FRUITS AND VEGGIES

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever. Taking the time to present a variety of different fruits and vegetables to your child can help them have a lifetime of healthy habits.

Tips to help kids eat more fruits and veggies:

• Keep a bowl of fresh fruits on the counter. Cut up fruits and vegetables and put them in the refrigerator in small bags for easy snacks on the run.
• Set a good example. Snack on fruit or raw veggies.
• Let children choose which fruits and vegetables to serve and how to cook them with their favorite meal.
• Keep trying. Some foods do not taste good to children. It may take several tries to get them to like the taste.

<table>
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<tr>
<th>MEAL</th>
<th>RECOMMENDATION</th>
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<tr>
<td>BREAKFAST</td>
<td>Add some fruit to your cereal.</td>
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<td>SNACK</td>
<td>Grab a piece of fruit.</td>
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<tr>
<td>LUNCH</td>
<td>Eat a big salad.</td>
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<tr>
<td>SNACK</td>
<td>Choose raw vegetables as an afternoon snack.</td>
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<tr>
<td>DINNER</td>
<td>Have two vegetables with dinner and eat fruit for dessert.</td>
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</table>
Do you need another copy of the Eater Meter? Visit our website (www.health.montcopa.org) and download the pdf to print at home.
**SNACKS THAT KIDS LOVE!**

Kids are active and growing and may need a snack between meals (about every 3-4 hours), if they get hungry. Try to keep kids from eating snacks right before meals and eating when they are not hungry.

### Some Prep Required:

**Veggies & Dip:** carrots, cucumber slices, green pepper slices, chopped broccoli, cherry tomatoes, or celery sticks served with hummus, low-fat salad dressing, or other low-fat dip

**Snack Kabobs:** veggie or fruit chunks stuck on thin pretzel sticks

**Apple Treats:** sprinkle apple chunks with cinnamon and/or raisins or low-fat granola, then mix in 1 tablespoon peanut butter

**Taco Roll-up:** small whole wheat tortilla rolled with low-fat cheese, beans and salsa

**Mini Pizzas:** toast pita bread or half of a whole wheat English muffin with tomato sauce, low-fat cheese, and chopped vegetables

### No Prep Required:

**Whole Fruit:** grapes, apples, bananas, etc.

**Cheese:** low-fat string cheese or 2 slices low-fat cheese

**Pudding:** 1 non-fat or low-fat snack cup

**Trail Mix:** 1/3 cup made with nuts, seeds, low-fat granola, and dried fruit

**Fruit Smoothies:** fresh or frozen fruit and low-fat milk or yogurt

**Pretzels:** about 20 tiny twists with 2 tablespoons of peanut butter

**Yogurt:** 1 squeezable low-fat yogurt or 1 low-fat yogurt container

Websites for more kid-friendly snacks:

www.eatright.org or www.kidshealth.org
**FAMILY ACTIVITY**

Make a list of healthy snacks you like for each category.

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Low-Fat Dairy</th>
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<thead>
<tr>
<th>Fruits &amp; Vegetables</th>
<th>Whole Grains</th>
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EATING ON A BUDGET

Healthy Shopping on a budget takes planning! Planning helps you save time, money, and eat healthier.

Quick Tips:
• Make a list and stick to it.
• Shop mostly the outside border of the store.
• Shop when you are not hungry or stressed.
• Try frozen and canned.
• Try store brands.
• Shop in season.

These nutritious foods are inexpensive and convenient:
• Canned beans, such as pinto, black, lima (rinse well)
• Frozen vegetables
• Fresh fruit in season
• Whole grains in bulk
• Store brand whole-grain breakfast cereals

Healthy Eating Away from Home
Healthy eating away from home can be challenging. Here are some tips for keeping your fat and calorie intake low.

• Find out nutritional information of fast food items by visiting the restaurant’s website to find out the healthiest choices before you get there.
• Skip the sides, which are usually deep-fried. For a healthier side dish, order a side salad, fruit cup, or cooked veggies.
• Choose a baked potato over French fries, but have it with fat-free or low-fat sour cream, or margarine instead of butter.
• Choose grilled sandwiches over fried sandwiches and burgers.
• Be a role model when eating out by making healthy food choices and not overeating. Your children are likely to follow your lead and develop their own healthy eating habits.
**RECIPES FOR A HEALTHY LIFE**


1. **Start with brown rice.**
   One cup cooked gives you 2 whole grain servings.

2. **Pack in produce.**
   Choose veggies in a variety or colors like green, red, orange, and yellow.

3. **Top with lean proteins.**
   Try proteins like canned fish or beans, eggs, poultry with skin removed, or lean meats.

Now add some flavor to fit your mood and dinner (or breakfast or lunch!) is ready! Try these combos or create your own.

<table>
<thead>
<tr>
<th>Rice Bowl Varieties</th>
<th>Vegetables or fruit</th>
<th>Protein</th>
<th>Sauce, seasoning, or garnish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southwest Fajita Bowl</td>
<td>Green and red pepper strips, onions, corn</td>
<td>Grilled chicken or beef strip</td>
<td>Top with low-fat shredded cheese, salsa</td>
</tr>
<tr>
<td>Sweet &amp; Sour Bowl</td>
<td>Green and red pepper strips, onions, pineapple</td>
<td>Stir-fried chicken or pork strip</td>
<td>Sweet and sour sauce, crispy wonton strips</td>
</tr>
<tr>
<td>Taco Bowl</td>
<td>Tomatoes, onions, green pepper strips</td>
<td>Taco-seasoned lean ground beef or chicken</td>
<td>Top with low-fat cheddar cheese, low-fat sour cream, and tortilla strips</td>
</tr>
<tr>
<td>Vegetarian Salad Bowl</td>
<td>Cucumbers, tomatoes, carrots, celery</td>
<td>Black, pinot or kidney beans</td>
<td>Low-fat Italian salad dressing, top with low-fat shredded cheese</td>
</tr>
<tr>
<td>Thai Bowl</td>
<td>Red peppers, hot peppers, pea pods, carrots, green onions</td>
<td>Chicken, pork or seafood</td>
<td>Thai peanut sauce or curry sauce. Top with cilantro or basil</td>
</tr>
<tr>
<td>Fruit and Nut Breakfast Bowl</td>
<td>Mangos, bananas or apples</td>
<td>Walnuts or almonds</td>
<td>Brown sugar, cinnamon, raisins or milk</td>
</tr>
<tr>
<td>Huevos Breakfast Bowl</td>
<td>Diced tomatoes, green onions, green peppers</td>
<td>Cooked scrambled eggs</td>
<td>Taco sauce. Top with low-fat cheddar cheese and cilantro</td>
</tr>
</tbody>
</table>
## Pasta Dinner Step-by-Step

<table>
<thead>
<tr>
<th><strong>Pasta</strong> (1/2 pound)</th>
<th><strong>Protein</strong></th>
<th><strong>Veggies</strong> (1 cup total, any combo)</th>
<th><strong>Sauce</strong> (1-2 cups)</th>
<th><strong>Seasoning to taste</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain pasta</td>
<td>Lean ground beef, turkey, or chicken cooked and drained (1 pound)</td>
<td>Spinach, chard, or kale</td>
<td>Marinara</td>
<td>Dried basil</td>
</tr>
<tr>
<td></td>
<td>Beans, rinsed and drained (1 can)</td>
<td>Broccoli</td>
<td>Peanut sauce</td>
<td>Dried oregano</td>
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<tr>
<td></td>
<td>Frozen peas, thawed and drained (2 cups)</td>
<td>Carrots</td>
<td>Canned diced or crushed tomatoes</td>
<td>Garlic powder or minced fresh garlic</td>
</tr>
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<td></td>
<td>Chicken breast cooked and sliced (1 pound)</td>
<td>Sugar snap or snow peas</td>
<td>Quick cheese sauce</td>
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<td></td>
<td></td>
<td>Zucchini or yellow squash</td>
<td>Simple white sauce</td>
<td></td>
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<td></td>
<td></td>
<td>Peppers</td>
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</tbody>
</table>

### Directions:
1. Cook pasta according to package.
2. Cook or add protein. Rinse and drain if using ground meat.
3. Cook veggies by steaming, grilling, roasting, sautéing, or adding to boiling pasta water during the last few minutes of cooking.
4. In a large pot over medium heat, heat sauce. If using, add seasoning now. Add protein and veggies to heat through. Toss with hot cooked pasta.

### Simple White Sauce
1. In a small bowl, use a fork to whisk together 2 tablespoons cornstarch and 1 cup fat-free or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with ¼ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

### Quick Cheese Sauce
1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Simple White Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.

For more healthy family recipes, visit our website (www.health.montcopa.org) and download the pdf to print at home.
MY SHOPPING LIST

Use this shopping list as a start for your next grocery trip. Take it with you to the grocery store and shop together as a family. Add some of your favorite healthy foods!

Dairy
- Fat-free (skim) or low-fat (1%) milk
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Butter (Limit use)
- Fat-free or low-fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute
- Pudding

Breads, muffins, and rolls
- Whole wheat English muffin
- Whole wheat bread
- Low-fat flour tortillas
- Pita bread

Cereals, crackers, rice, noodles, and pasta
- Plain bran cereal, dry or cooked
- Brown rice
- Whole wheat pasta

Vegetables (fresh, canned, and frozen)
- Broccoli
- Peas
- Corn
- Green beans
- Spinach
- Lettuce
- Cucumber
- Carrots
- Potatoes
- Green peppers
- Tomato sauce
- Salsa
- Tomatoes
- Celery
- Kale
- Onions
- Mushrooms
- Other: ________

Protein
- White meat chicken and turkey (skin off)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef (93% or higher)
- Pork tenderloin
- Ground turkey meat or ground turkey breast
- Peanut butter
- Hummus

Fruit
- Apples
- Bananas
- Oranges
- Pears
- Grapes
- Apple sauce
- Frozen fruit
- Raisins
- 100% fruit juice
- Other: ________

Beans
- Black beans
- Kidney beans
- Navy beans
- Pinto beans
- Chickpeas

Fats and Oils
- Low-fat mayonnaise
- Nuts
- Seeds
- Canola oil
- Olive oil
- Fat-free or low-fat salad dressings

Spices
- Garlic
- Cinnamon
- Black pepper
- Basil
- Oregano
- Cayenne Pepper

Shop in season for your fruits and vegetables! Visit our website to find out more: www.health.montcopa.org
It’s hard to cut back screen time when you are used to turning on the TV, computer, and cell phone for entertainment; we know! Limit screen time to two hours or less a day. Here are some great ways to figure out other ways your child can spend their free time.

**MOM! DAD! I’M BORED…**

What parents can do when they hear this, instead of turning on the TV, computer, and cell phone.

- Be a good role model. Don’t use the TV, computer, or cell phone excessively. Let your kids see you turn off the TV and turn to them for a fun activity.
- Keep books, magazines, and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Avoid putting a TV, computer, or cell phone in your child’s bedroom. It’s too tempting.

**TAME THE TV, COMPUTER, AND CELL PHONE**

Set Limits: know how much TV your child is watching.

- Limit screen time to two hours or less a day. Help your child plan a TV viewing schedule in advance.
- Set some basic rules, such as no TV, computer, or cell phone before homework, or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it’s time to turn off the TV.
- Set family guidelines for age-appropriate shows.
- Make certain days or times screen-free. For example, no TV Tuesday.
SCREEN TIME LOG

Track the number of minutes you are in front of a screen each day. Try to decrease your minutes as the week goes on.

<table>
<thead>
<tr>
<th></th>
<th>TV</th>
<th>Cell phone</th>
<th>Video Games</th>
<th>DVD</th>
<th>Computer/Internet</th>
<th>Time (hours)</th>
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<tbody>
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<td>Sunday</td>
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</tbody>
</table>

Total:

<table>
<thead>
<tr>
<th></th>
<th>TV</th>
<th>Cell phone</th>
<th>Video Games</th>
<th>DVD</th>
<th>Computer/Internet</th>
<th>Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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</tbody>
</table>

Total:
GUIDELINES: ADULTS VS. KIDS
Physical activity is a key to keeping a healthy lifestyle. Combined with healthy eating, it can help prevent a range of diseases that include heart disease, cancer, and stroke – the top three leading causes of death.

<table>
<thead>
<tr>
<th>Guidelines for Adults</th>
<th>Guidelines for Kids</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount</strong></td>
<td></td>
</tr>
<tr>
<td>30 minutes of moderately intense physical activity most days of the week working up to 150 minutes each week.</td>
<td>60 minutes of moderate to vigorous physical activity each day.</td>
</tr>
<tr>
<td><strong>Types of Activity</strong></td>
<td></td>
</tr>
<tr>
<td>Brisk walking, dancing, active involvement in your kids games. *Adults should include muscle strengthening activities that work all major muscle groups (legs, hips, back, stomach, chest, shoulders, and arms) on two or more days a week.</td>
<td>Jumping rope, running, gymnastics, push-ups. * It is also recommended that kids include muscle strengthening activities at least three days a week as part of the 60 minutes of daily activity.</td>
</tr>
</tbody>
</table>

Family Fitness Tips:
Being physically active is an important part of keeping your family healthy. If you can’t do 30-60 minutes all at once, try aiming for 10 minutes a few times each day. Your health benefits will increase the more time you spend being active.

BENEFITS OF EXERCISE

Physical Activity and Academic Achievement:
Schools are an ideal location to provide increased physical activity for children. Students show an increase in academic achievement when more time is provided for physical activity, even when time is removed from school instruction.
Here are some fun ways to be physically active:
Check each activity when completed. Complete as many as you can!

- Walk the dog
- Rake leaves
- Take out the trash
- Ride your bike
- Go out at recess and play
- Skateboard with your friends
- Play basketball
- Jump rope
- Dance to your favorite music
- Take a hike in your neighborhood
- Practice karate
- Play hopscotch
- Go swimming
- Play tennis
- Plant flowers
- Weed the garden
- Go to the park
- Play softball or baseball
- Play soccer or kickball
- Play catch with a ball or Frisbee
- Write your own: ______________________

Quick Tip:
Explore your TV Stations, On Demand, or YouTube for exercise videos. Try marching in place or doing push-ups during TV commercials.

PARENTS:
If you don’t exercise at all, try activities that will increase the number of steps you take each day.

Some ideas to increase the amount of steps you take a day are:

- Taking the steps to another floor in your home to use a bathroom. Climbing steps requires an increased effort.
- When you get home drop off your items in the house and then head back outside to get the mail.
- Park your car further away from the store in the parking lot so you walk further to the door.
- Put on some music and dance, don’t be embarrassed. No one is watching.
Did you know?

Physical activity...
- Makes you feel good.
- Helps you keep a healthy weight.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.
- Makes you sleep better.

Physical Activity Game Plan
Come up with a game plan for getting physical activity every day. Write down some activities you would like to do and decide how many minutes you'll spend on each activity.

<table>
<thead>
<tr>
<th>Name of Activity</th>
<th># of minutes</th>
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</table>
Beverages

Did you know?

What you drink makes a bigger difference in your health than you think. Drinks like soda, sports drinks, and energy drinks are loaded with sugar and empty calories. It is NOT recommended to drink sugary beverages when you are doing any form of physical activity since they may cause stomach cramping and tiredness. Drink water instead!

Quick tip:

SWITCH TO SKIM OR 1% MILK
- Skim and 1% milk have the same amount of calcium as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.

<table>
<thead>
<tr>
<th>Choose these...</th>
<th>Instead of these...</th>
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</thead>
<tbody>
<tr>
<td>Water</td>
<td>Regular soda</td>
</tr>
<tr>
<td>Sugar-free drinks and iced tea</td>
<td>Fruit-flavored sweet drinks: beverages, drinks, cocktail, punch, -ade</td>
</tr>
<tr>
<td>Low-fat and fat-free milk or soy milk</td>
<td>Sports drinks</td>
</tr>
<tr>
<td>Low-calorie flavored waters</td>
<td>Energy drinks</td>
</tr>
<tr>
<td>100% fruit juice – limit to ¾ cup per day</td>
<td>Fruit cocktails</td>
</tr>
<tr>
<td>Yogurt smoothies</td>
<td>Milkshakes</td>
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</tbody>
</table>

What is one thing you can do to make wise beverage choices?

Ex. Instead of drinking soda for lunch, I’ll drink water ________________________________
FAMILY ACTIVITY

Circle which one is the healthier choice.

a. Soda

b. “Frosted” whole grain cereal

c. Plain yogurt

PLAIN MILK

UNFROSTED WHOLE GRAIN CEREAL

STRAWBERRY YOGURT

Did you know?

Sugary beverages, such as soda or sweetened iced tea can lead to weight gain, cavities, hyper activity, and sleepless nights! Water is the best beverage for your body!
FAMILY ACTIVITY! BEVERAGES

Now that you have talked about your family drink habits, set some fun and healthy family goals! Use the key below and track the number of red, yellow, and green beverages you drink on a daily basis. After you complete Week 1, set a goal for yourself and your family to reduce the number of red and yellow beverages.

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</table>

**Unhealthy Choices**
- Drink rarely, if at all
  - Regular soda
  - Energy drinks
  - Sports drinks
  - Sweetened Coffee/Tea
  - Other beverages sweetened with any sugar (natural or not) or high fructose
  - Juice drinks

- Over 12g of sugar per 12 oz

**Better Choices**
- Drink occasionally
  - Diet soda or Iced Tea
  - Artificially sweetened beverages with less than 25 calories per 8 ounce serving
  - 100% Fruit Juice – 8 ounce serving
  - Sweetened soy milk

- 6 to 12g of sugar per 12oz or contains artificial sweetener

**Healthy Choices**
- Drink plenty
  - WATER
  - Skim or 1% milk
  - Unsweetened tea and coffee
  - Unsweetened carbonated water
  - Unsweetened soy milk

- 0 to 5g of sugar per 12 oz
FAMILY GOALS

Use what you have learned in this toolkit to set healthy, honest goals for your family. When you make changes step-by-step and set goals you are more likely to reach them. Involve your kids and set some goals for you and your family.

Review the examples below and use the attached goal card to come up with honest goals that are good for your family. Post them in a place where the entire family can see them.

Examples of family goals:

- Eat more fruits and vegetables.
- Sit down together as a family more to eat meals.
- Limit the number of sweets (foods and drinks) you eat a week.
- Set a time and place for snacks.
- Turn off the TV during meals and snacks.
- Be active for more minutes during the day.
- Limit screen time and spend more time outside.
- Create family play time.
- Shop for healthy foods together.

MY GOALS

Healthy Eating Goals:
Within 1 month: ____________________________________________
Within 1 month: ____________________________________________
Within 3 months: ____________________________________________

Exercise Goals:
Within 1 month: ____________________________________________
Within 1 month: ____________________________________________
Within 3 months: ____________________________________________
Try to receive at least 77 points weekly to meet recommendations. Any score over 77 points is EXCELLENT and you are doing a great job. Any score 76 and under keep trying to add an extra fruit or vegetable and an extra hour of physical activity. You can also try to decrease screen time and drink less sugar-sweetened drinks.

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<th>Sunday</th>
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<td># fruits and veggies</td>
<td># fruits and veggies</td>
<td># fruits and veggies</td>
<td># fruits and veggies</td>
<td># fruits and veggies</td>
<td># fruits and veggies</td>
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<td>2 hrs or less “screen” time</td>
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<td>2 hrs or less “screen” time</td>
<td>2 hrs or less “screen” time</td>
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<td>1 hr physical activity</td>
<td>1 hr physical activity</td>
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<tr>
<td>0 sugar-sweetened drinks</td>
<td>0 sugar-sweetened drinks</td>
<td>0 sugar-sweetened drinks</td>
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<td>0 sugar-sweetened drinks</td>
<td>0 sugar-sweetened drinks</td>
<td>0 sugar-sweetened drinks</td>
</tr>
</tbody>
</table>

Score one point for each serving of a fruit or veggie
Score 2 points for every day you had 2 hours or less of “screen” time (tv, computer, Gameboys)
Score 2 points for every day you participated 1 hour (or more) in physical activity
Score 2 points for every day you had 0 (no) servings of a sugar-sweetened drinks
Score 2 bonus points for each new fruit and vegetable you ate:
List new fruits/vegetables

NAME __________________________ PARENT SIGNATURE __________________________ TOTAL POINTS __________________________
MY SHOPPING LIST

Use this shopping list as a start for your next grocery trip. Take it with you to the grocery store and shop together as a family. Add some of your favorite healthy foods!

Dairy
- Fat-free (skim) or low-fat (1%) milk
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Butter (Limit use)
- Fat-free or low-fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute
- Pudding

Breads, muffins, and rolls
- Whole wheat English muffin
- Whole wheat bread
- Low-fat flour tortillas
- Pita bread

Cereals, crackers, rice, noodles, and pasta
- Plain bran cereal, dry or cooked
- Brown rice
- Whole wheat pasta
- Oatmeal
- Pretzels
- Low-fat granola

Vegetables (fresh, canned, and frozen)
- Broccoli
- Peas
- Corn
- Green beans
- Spinach
- Lettuce
- Cucumber
- Carrots
- Potatoes
- Green peppers
- Tomato sauce
- Salsa
- Tomatoes
- Celery
- Kale
- Onions
- Mushrooms
- Other: _________

Protein
- White meat chicken and turkey (skin off)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef (93% or higher)
- Pork tenderloin
- Ground turkey meat or ground turkey breast
- Peanut butter
- Hummus

Fruit
- Apples
- Bananas
- Oranges
- Pears
- Grapes
- Apple sauce
- Frozen fruit
- Raisins
- 100% fruit juice
- Other: _________

Beans
- Black beans
- Kidney beans
- Navy beans
- Pinto beans
- Chickpeas

Fats and Oils
- Low-fat mayonnaise
- Nuts
- Seeds
- Canola oil
- Olive oil
- Fat-free or low-fat salad dressings

Spices
- Garlic
- Cinnamon
- Black pepper
- Basil
- Oregano
- Cayenne Pepper
RESOURCES

Visit our website to print additional copies of the worksheets, goal pages, or to download the full version of this toolkit. You can also find additional recipes and kid friendly snacks. www.health.montcopa.org

The websites listed below were used to create this toolkit.
http://prowellness.vmhost.psu.edu/wp-content/uploads/PRO_brochure_Final_01.pdf’
http://www.letsgo.org/in-your-community/resources-for-parents

Interactive websites for kids:
www.nourishinteractive.com
www.spottheblock.com
www.fruitsandveggiesmorematters.org

For more useful information, visit the following:
Montgomery County Health Department www.montcopa.org/health
Academy of Nutrition and Dietetic www.eatright.org
Centers for Disease Control and Prevention www.cdc.gov/obesity/strategies/family.html
Let’s Move www.letsmove.gov
U.S. Department of Agriculture www.whatscooking.fns.usda.gov/
Choose My Plate www.choosemyplate.gov/
Dietary Guidelines for Americans www.dietaryguidelines.gov
American Academy of Family Physicians www.aafp.org
American Academy of Pediatrics www.aap.org
U.S. Food and Drug Administration www.fda.gov
National Heart Lung and Blood Institute www.nhlbi.nih.gov

www.health.montcopa.org
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www.health.montcopa.org