



HEALTHY CHOICES

FOR KIDS

LOTS OF FRUITS & VEGETABLES EVERY DAY

Aim for at least five a day. Fresh, frozen or canned fruits and vegetables all count.

- **The original fast food.** Wash and chop fruits and veggies ahead of time so they are ready to eat.
- **Put them in sight.** A bowl of fruit on the table is a great reminder to eat fruit.
- **Dip it.** Low-fat Ranch dressing with carrots; yogurt with fruit; peanut butter with apples and celery make great snacks.
- **Show them how it's done.** When parents eat fruits and veggies for snacks and meals, kids will too.

NO OR LITTLE SCREEN TIME

Screen time includes TV, computers, tablets, cell phones, and hand-held games.

- **Not for the little ones.** Doctors recommend no screen time for children under two. Limit screen time to one hour for children 2-5 years old.
- **More sit, less fit.** Limit screen time to help your child be healthy and fit.
- **Develop the brain with other activities.** TV and other screens can get in the way of exploring, playing and interacting with others.
- **Be choosy.** Pick what shows you are going to watch ahead of time. Turn TV on only for those shows.



PLAY, PLAY, PLAY!

Play every day to keep both body and brain fit.

- **All day long.** Preschool-aged children (ages 3 through 5 years) have lots of energy and should be active throughout the day. Aim for at least 3 hours of activity a day.
- **Join in the fun.** Teach your children the active games you played as a kid.
- **Go out and play.** Children like to run, jump, hop, and be in nature.
- **Stuck inside?** Turn up the music and dance. Play hide-and-seek.
- **Gifts that keep on giving.** Give gifts that get kids moving like a tricycle and balls.

MAKE SMART BEVERAGE CHOICES

Choose water over sweet drinks.

- **Skip the sweetened beverages.** Sweet beverages have lots of sugar and no nutrition. This includes soda, sport drinks, pouches, Kool-Aid, and energy drinks.
- **Set limits on juice.** Juice contains natural sugar so limit it to 4 ounces a day. Choose whole fruit over juice.
- **Keep it handy, keep it cold.** Have a pitcher of water in the fridge. Bring a reusable water bottle when you are on the go.
- **Out to eat.** Choose water at restaurants for a healthy option and to save money.

