



## 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.

