



Slowly try to improve the whole family's eating and physical activity habits.

physical activity

- Walking.
- Playing at the park or playground.
- Swimming.
- Riding a tricycle or bicycle.
- Dancing to music.
- Roller skating or rollerblading.
- Playing games such as soccer, kickball, basketball, and tennis.
- Playing games that include running, skipping, hopping, jumping, or marching. These can be outdoor games or games that can be played indoors.
- Joining in household tasks such as cleaning and yardwork.
- Limit television and video games to 1 hour or less per day!

Children should get 1 hour or more of physical activity per day. Toddlers and preschoolers should not sit still for 1 hour or more at a time, except when sleeping. Plan times and places for your family to engage in activities such as those listed below:



positive parenting

Children need to be loved, supported, accepted, and encouraged by their parents, family members, and friends. Children are more likely to feel good about themselves when they feel loved by their parents.

Positive parenting tips:

- Spend time reading, singing, and playing with your children every day.
- Listen to your children.
- Encourage your children every day. Be positive and tell your children what they are doing well.
- Tell your children you love them as a person, although there may be a behavior you dislike.
- Comfort and reward your children by doing a special activity. Rewards could be: a trip to the beach, park, or library; reading books; and playing games together. Do not use food as a reward.
- Remember, each child is an individual who is special and unique.
- Make sure your child gets enough sleep each night.

What changes will you make in your family's eating habits?

What changes will you make in your family's physical activities?

healthy eating



- ### To help children develop healthy eating habits:
- Encourage children to enjoy and learn about a variety of foods. All foods can fit into a healthy eating plan.
 - At meals, try to fill about half of the plate with fruits and vegetables.
 - Plan meals and snacks for about the same time each day. Use measuring cups and measuring spoons for while until you can visualize a specific portion size of a food or beverage.
 - Drink water when thirsty. Limit sodas and sweet drinks.
 - Involve children in food shopping and meal preparation.
 - For meals and snacks, buy foods low in sugar, sodium (salt), and fat.
 - Serve smaller portions. Let your child ask for seconds.
 - Let children stop eating when they are full, instead of when the plate is empty.
 - Try to have children eat slowly. A child is better able to feel fullness when eating slowly.
 - Eat meals together as a family as often as possible and make these mealtimes pleasant.
 - Turn off the television during mealtime.



keeping a healthy balance in children

This pamphlet contains general guidelines about healthy eating, physical activity, and positive parenting for children ages 2 years and older. Talk with the nutritionist, nurse, or health care provider for more information.

INSIDE—A poster to hang on your wall or refrigerator!



For information about WIC, call 1-800-342-3556 or visit www.FloridaWIC.org

This pamphlet is also distributed by the School Health Services Program. For information about this program, call (850) 245-4445 or visit www.doh.state.fl.us/family/school/index.html



making healthy food choices

- Choose foods every day from each of the MyPyramid food groups.
- Choose different foods from within each food group. Foods lower in fat and sugar are in the “Choose MORE Often” column below.
- The amount of food consumed daily may vary with your child’s activity and growth. The goal is for your child to stay at a healthy weight or to “grow into” a healthy weight.
- Children 2 to 3 years old should generally eat the lower number of ounces or cups per day from each food group. Older children may need the higher amounts.

Meat & Beans Group

This group includes lean meat, chicken, turkey, fish, or cooked dried beans.



HOW MUCH

Ages 2 to 8 years: 3 to 5 ounces per day
Ages 9 years and older: 5 1/2 ounces per day

1 ounce of meat equals:

- 1 ounce cooked meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup cooked dry beans or tofu
- 1/4 ounce nuts or seeds*
- 1 tablespoon peanut butter**

CHOOSE MORE OFTEN

- lean cuts of meat with fat trimmed off such as round, sirloin, chuck, loin
- chicken and turkey without the skin
- baked or broiled fish
- cooked dry beans or peas
- low fat hot dogs*, low fat sausage*
- low fat luncheon meat such as turkey, lean ham, or lean roast beef

CHOOSE LESS OFTEN

- fatty cuts of meat such as regular ground beef, short ribs, spare ribs
- fried chicken
- fried fish
- regular hot dogs*
- lunch meat such as bologna, salami
- ham hocks, oxtail, neckbones
- sausage, bacon, pepperoni
- peanut butter**

**Peanut butter should not be given to children under 2 years of age because of the risk of choking. When peanut butter is given to children 2 years of age or older, it should be the creamy type and it should be spread very thinly on toast or crackers. Never give spoonfuls of peanut butter.

Milk Group

This group includes milk, yogurt, cheese, and foods made from milk.



HOW MUCH

Ages 2 to 8 years: 2 to 3 cups per day
Ages 9 years and older: 3 cups per day

1 cup of milk equals:

- 1 cup milk
- 1 cup yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

CHOOSE MORE OFTEN

- fat free or 1% lowfat milk
- fat free or lowfat plain yogurt
- reduced fat, lowfat, fat free cheese
- cottage cheese with 0 to 1% fat
- fat free or lowfat frozen yogurt
- fat free or lowfat ice cream
- ice milk
- pudding made with fat free or 1% lowfat milk

CHOOSE LESS OFTEN

- whole or 2% reduced fat milk
- yogurt made with whole milk
- regular cheese
- cottage cheese with 2% or more fat
- regular ice cream or frozen yogurt
- pudding made with whole or 2% reduced fat milk

Fruits Group

Most of your choices should be fruit, not juice.



HOW MUCH

Ages 2 to 8 years: 1 to 1 1/2 cups per day
Ages 9 years and older: 2 cups per day

1 cup of fruit equals:

- 1 cup chopped, cooked, or canned fruit
- 1 cup fruit juice
- 1/2 cup dried fruit*

CHOOSE MORE OFTEN

- fresh fruit, canned, or frozen fruit packed in natural juices or rinsed if packed in heavy syrup
- 100% unsweetened fruit juice, no more than 8 oz juice per day
- frozen fruit juice bars

CHOOSE LESS OFTEN

- fruit with added sauces
- fruit packed in heavy syrups
- avocado
- coconut*

Vegetables Group

Try to have a variety of vegetables each day.



HOW MUCH

Ages 2 to 8 years: 1 1/2 to 2 cups per day
Ages 9 years and older: 2 1/2 cups per day

1 cup of vegetables equals:

- 1 cup cooked or chopped raw* vegetables
- 1 cup vegetable juice
- 2 cups leafy salad greens*

CHOOSE MORE OFTEN

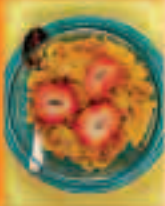
- raw vegetables*
- canned or frozen vegetables without added sauces
- baked or boiled potatoes
- vegetable juice
- salads* prepared with fat free or light dressings

CHOOSE LESS OFTEN

- vegetables made with butter, fat back, cream, or cheese sauces
- fried vegetables, French fries
- hash browns, potato puffs
- potato chips*
- cole slaw* or potato salad made with regular mayonnaise

Grains Group

This group includes bread, cereal, rice, pasta and foods made from grain products. At least half of your grains should be whole grains.



HOW MUCH

Ages 2 to 8 years: 4 to 5 ounces per day
Ages 9 years and older: 6 ounces per day

1 ounce of grains equals:

- 1 slice bread
- 1/2 cup cooked cereal, rice, pasta, or grits
- 1 cup ready-to-eat cereal
- 1 small bran muffin
- 5–6 whole grain crackers
- 1 4-inch waffle or pancake
- 1 6-inch tortilla
- 1/2 hamburger bun or roll
- 1/2 English muffin
- 1/2 of a 3-inch bagel
- 3 cups low fat popcorn*
- 10 small pretzels*

CHOOSE MORE OFTEN

- whole grain bread, rolls, bagels, English muffins, pita bread
- whole grain cereals that are low in fat and sugar
- cooked cereal, grits
- whole grain pasta
- brown rice
- low fat, whole grain waffles or pancakes
- soft tortilla (corn or flour)
- soda crackers, animal crackers, graham crackers
- whole grain crackers
- baked snack chips*
- pretzels*
- low fat popcorn*

CHOOSE LESS OFTEN

- cereal high in fat/sugar and low in fiber
- pasta or rice prepared with cream, butter, or cheese sauces
- high fat crackers
- pastries, muffins, biscuits
- sweet rolls, doughnuts, croissants
- fried tacos*
- fried tortillas*
- regular snack chips*
- cheese puffs*
- cakes, cookies, pies

Oils

Ages 2 to 8 years: 3 to 4 teaspoons of oil per day
Ages 9 years and older: 6 teaspoons of oil per day

1 teaspoon (5 grams) of oil equals:

- 1 teaspoon liquid vegetable oil
- 1 teaspoon margarine with zero trans fat
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons light salad dressing

Oils include fat from many plants and from fish. These oils are liquid at room temperature. They include vegetable oils such as canola, corn, olive, soybean, and sunflower oil.

Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these ingredients. Check the Nutrition Facts label to keep saturated fats and trans fat low.

Sample Daily Meal Plan

Note: Children ages 2 to 3 years may need smaller portion sizes.

BREAKFAST

- 1/2 to 1 cup 100% fruit juice
- 1 ounce whole grain cereal
- 1/2 cup 1% lowfat or fat free milk

MORNING SNACK

- 5 whole grain crackers
- 1 tablespoon peanut butter** (spread thinly on crackers)
- water

LUNCH

- 1/2 cup cooked beans
- 1/2 cup cooked rice
- 1/2 cup vegetables
- 1/2 cup fruit
- 1 cup 1% lowfat or fat free milk

MID-AFTERNOON SNACK

- 1/2 cup chopped raw vegetables*
- 1 tablespoon light salad dressing
- 10 pretzels*
- water

DINNER

- 2 1/2 ounces cooked meat
- 1 small potato
- 2 teaspoons margarine (with zero trans fat)
- 1/2 cup vegetables
- 1 small piece of cornbread
- 1 cup 1% lowfat or fat free milk

EVENING SNACK

- 1/2 cup fruit
- 1/2 cup low fat yogurt
- water

*Be careful. These foods may cause choking, especially in children less than 4 years of age.