Healthy Tips Sheet (Ages 5 to 9)

Get on a healthy track by adding these tips to your daily routine.

1. **Eat 5 servings of fruits and veggies every single day.**

   **Examples:**
   - **Fruits**
     - Apples, bananas, oranges
     - Berries, grapes
     - Pears, plums, melon
     - Canned fruit (packed in 100% juice or water)
   - **Vegetables**
     - Asparagus, broccoli
     - Beans, lentils, peas
     - Carrots, celery
     - Spinach, collard greens
     - Tomatoes, peppers
     - Canned veggies

2. **Limit screen time to 2 hours or less.**

   **Screen time includes:**
   - Watching TV, videos or DVDs
   - Playing or being on a computer
   - Playing regular and hand-held video games
   - Going to the movies
   - Instant messaging or online chatting

3. **Limit sweetened drinks to 0.**

   **Examples of sweetened drinks to stay away from:**
   - Soft drinks, soda, pop
   - Juice drinks
   - Chocolate milk
   - Sports drinks

   **Instead, drink:**
   - Water with lemon, lime or orange to add flavor
   - 1% or skim milk
   - Unsweetened drinks
   - Ask your physician about other healthy drink options

4. **Get at least 1 hour of physical activity.**

   **Make sure an adult is there.**
   - Walk to and/or from school
   - Jump rope
   - Ride a bike
   - Play catch
   - Jump, skip or hop to music

5. **Every meal should be balanced.**

   - **1/2 of plate = Vegetables, salads and fruit**
     - 1 cup of raw leafy vegetables
     - 1/2 cup of cooked vegetables
     - 1 cup of fruit = 1 medium apple, orange or pear
   - **1/4 of plate = Grains, rice or bread**
     - 1 fist = 1 serving of cereal flakes
   - **1/4 of plate = Meat, poultry or fish**
     - A deck of cards = a portion of meat, poultry or fish

**Assessment**

Name: ___________________________  Date of Birth: __________________

Height: __________________________  Weight: __________________

BMI: ____________________________  BMI %: __________________

Risk Level: ______________________  Date of Assessment: ____________

**Review provided by leading experts:**
- American Academy of Pediatrics
- American Diabetes Association
Eat 5 servings of fruits and veggies every single day.

- Read the labels on food, including labels on soda, juice and fruit-based products that have a lot of sugar.
- Involve your child in shopping and meal planning. Children may want to eat healthier meals if they help make them.
- Encourage your child to try new, healthy foods. Try one new healthy recipe or food each week.
- Avoid using food as a reward or punishment.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.
- Put food on small plates, like salad plates, instead of large dinner plates.
- Eat meals at home and try to eat meals with the whole family each day.
- Avoid eating at fast-food restaurants.

Limit screen time to 2 hours or less.

- Encourage your child to be active before letting him or her watch TV, play video games or use a computer.
- Limit the time your child sits at the computer, plays video games and watches movies.
- Limit the amount of time your child can watch TV (for example, if your child gets five hours of screen time a day, limit screen time to four hours initially and gradually decrease screen time to two or less hours per day).
- Avoid putting a TV in your child’s bedroom.
- Have “family time” after dinner and play games, tell stories or do other fun things.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.

- Walk 10 minutes with your child every day to make sure your family is getting enough exercise.
- Have a family contest to see who is the most active every day.
- Tell your child to play basketball, soccer or their favorite outdoor game with other children.
- Do jumping jacks or other quick activities while watching commercials with your kid.
- Go fly a kite with your kids.
- Have your kids play active games like jumping rope to music or hula hooping.
- Take your kids for a bike ride around the neighborhood.
- Wash the car with your kids.
- When you are at the mall, have your kids walk with you.
- Play inside with your child by dancing around the living room to fun music.
- Play tag with your kids.
- Have your children walk or bike to school.
- Other activities: ____________________

Limit sweetened drinks to 0.

- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.

Sources: Adapted from the U.S. Department of Agriculture and Blue Cross and Blue Shield companies by the Blue Cross and Blue Shield Association.