Use simple messages to encourage healthy eating

Can you ... everyday?

B  Eat a healthy BREAKFAST
5  Eat at least FIVE or more fruits and vegetables
4  Drink FOUR glasses of water
3  Have THREE servings of dairy
2  Limit screen time (computer, TV, video games) to less than TWO hours
1  Be physically active for at least ONE hour
0  AVOID sweetened beverages

Source: South Carolina Institute of Childhood Obesity and Related Disorders (SCICORD)

Visit these online resources

**Adults**
Weight Control Information Network: win.niddk.nih.gov/index.htm
Physical Activity Guidelines for Americans 2008: health.gov/paguidelines
Alliance for a Healthier Generation: healthiergeneration.org/parents

**Kids**
Center for Disease Control: cdc.gov/healthyweight/children/index.html
Choose My Plate: choosemyplate.gov/kids
Action for Healthy Kids - Interactive Games: actionforhealthykids.org/gotuwc/index.php

Kids Health Web Site: kidshealth.org
Keep Kids Healthy - Online calculator: keepkidshealthy.com/welcome/bmicalculator.html

Family Fun Web sites
BAM! Body and Mind: www.bam.gov
Kidnetic: kidnetic.com
Nutrition Analysis Tools: nat.uiuc.edu/energy
Smart-Mouth.org: cspinet.org/smartmouth
Let’s Move: letsmove.gov
CDC - Fruits and Veggies Matter: www.fruitsandveggiesmatter.gov

Involve children using the colorful guide on the back...
Can you ... everyday?

- Breakfast
- 5 fruits and veggies
- 4 glasses of water
- 3 servings of dairy
- 2 hours of screen time or less
- 1 hour of exercise
- 0 sweetened drinks

Get Moving!

- Ride a bike
- Play at the park
- Run in place
- Jog or walk with a friend
- Kick a soccer ball around

Challenge Yourself!

- See how long you can jump rope without stopping.
- In one minute, how many jumping jacks can you do?
- Join a sports team in your neighborhood.

What should you eat more of and less of?

**Red Light - Don’t eat very often**

- Fries
- Cookies
- Ice cream
- Chips
- Soda

**Yellow Light - Eat sometimes**

- Bread
- Nuts
- Cheese
- Meat
- Fruits

**Green Light - Eat a lot!**

- Carrots
- Milk
- Broccoli
- Bananas
- Apples

For the Parent: Measuring Portions

- 1 cup = baseball
- ½ cup = light bulb
- ¼ cup = golf ball
- 1 tbsp. = poker chip
- 1 slice of bread = smartphone

Source: SCiCord

Source: pediatrics.org