

Parent's Guide for Talking with Children

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
- O** **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

Dietary Guidelines for Americans 2010:
health.gov/dietaryguidelines/2010.asp

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?

 **B**reakfast

 **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

Source: SCICORD

Get Moving!

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

- Play hopscotch
- Hula Hoop
- Go swimming

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



Yellow Light - Eat sometimes



Green Light - Eat a lot!



Source: pediatrics.org

For the Parent: Measuring Portions



1 cup = baseball



1/2 cup = light bulb



1/4 cup = golf ball



1 tbsp. = poker chip



1 slice of bread = smartphone