



7 HEALTHY LIFESTYLE TIPS



1. Drink water and milk (1% or skim).

All of these contain extra sugar that your body does not need. This includes:

- Soda pop (Coke® 7-UP®)
- Sports drinks like Gatorade™
- Juice drinks and Kool-Aid™



2. Eat a healthy breakfast every day.

Kids who eat breakfast:

- have more energy.
- think better.
- get more nutrients.
- burn more calories.

Eating a healthy breakfast with at least 3 food groups is one of the best things you can do for your body.



3. Be more physically active.

Good things happen to you when you are more active.

- You sleep better.
- You have more energy.
- You keep your heart and lungs in good shape.
- You build strong bones and muscles.
- You burn energy (calories) and can decrease fat.
- You feel good about yourself.
- Your brain works better.

The best type of activity is anything you will do and enjoy. Be active for 60 minutes a day.



4. Eat more meals at home as a family.

When families eat together:

- The meals are usually more nutritious.
- They usually have more fruits and vegetables.
- The portion sizes are smaller.
- It saves money.
- It gives you time together to talk and work together to prepare the meals.

Planning menus ahead helps make it possible to do family meals at home.





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5. Eat more fruits and vegetables.

Fruits and vegetables are important because they are full of vitamins and minerals, low in fat and contain fiber.

Try to eat at least 5 servings a day.

A serving of fruit is:

- ½ cup of canned or cut fruit
- 1 piece of whole fruit (the size of a tennis ball)
- ¼ cup of dried fruit

A serving of vegetables is:

- 1 cup of raw vegetables
- ½ cup of cooked vegetables

Eat a rainbow—the more colors the better. Here are some ideas:

- **RED** — Apples, cherries, strawberries, red peppers, beets, watermelon, tomatoes and raspberries
- **YELLOW/ORANGE** — Apricots, oranges, grapefruit, carrots, peaches, pineapple, sweet potatoes, corn and squash
- **GREEN** — Broccoli, spinach, peas, green beans, grapes, kiwi, limes, honeydew, zucchini, green peppers and greens
- **PURPLE** — Blueberries, raisins, grapes, plums, cabbage and eggplant
- **WHITE** — Cauliflower, pears, onion, bananas, mushrooms, jicama and potatoes



6. Decrease screen time to less than 2 hours a day.

When you are watching TV or playing video games, you are missing out on being active. You are also getting hit with advertising for all kinds of foods!

Cut down to less than 2 hours a day. What should you do instead? Be active!

7. Get plenty of sleep.

Sleep is your body's time to build and repair. You grow and your mind solves problems when you sleep. Kids who don't get enough sleep can:

- be irritable.
- have problems in school.
- are more likely to have accidents and injuries.

Kids should get at least 9 hours of sleep each night. Have a regular bedtime routine and always fall asleep in your bed without TV and other distractions.

