

# Nutrition and Fitness Tips

## Eating Healthy and Staying Active

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### Tips for proper nutrition:

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Try a new recipe each week. Include your child in this decision.

Always include fruits and vegetables at each meal or snack.

Avoid sugary drinks like soda, flavored milk and fruit cocktail drinks.

Remember to eat a healthy breakfast each morning.

Keep track of and plan your meals with your family. Make your grocery list based off of the weekly meal plan.

Make fruit easily accessible. Wash and put fruit in a bowl where your child can reach it.

Eat fresh fruit with your child to set a good example. Remember, children learn from modeling their parents' behavior.

Freeze yogurt into popsicles for a healthy frozen treat.

Puree vegetables and add them to spaghetti sauce and soups to add nutrients to a meal.

Buy some seeds and help your child grow vegetables in a pot or in the yard.

Have your child help pick out a new vegetable at the store to try each week.

Talk with your child about your meals and separate each of the foods out into the food groups and categorize them as either GO, SLOW or WHOA foods.

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### Tips for physical activity:

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Set a family fitness goal to get everyone involved.

Get a pedometer to count your daily steps. Set a goal to get 10,000 steps each day.

Do physical exercise during the commercials of your favorite television show.

Schedule a variety of organized activities each day to keep it fun and interesting. Have your child decide on some of the activities too.

Schedule a free play activity for at least an hour a day.

Keep inexpensive toys like flying discs, balls and plastic hoops around the house.

Keep the television off and play music to encourage movement.

Play with bubbles, sprinklers, jump ropes, balls, bikes and roller skates.

Include your child with household chores.

Try a new activity each week.

Rent exercise DVDs from the library to explore new activities.