

# Smart Nutrition and Fitness:

## Information for Parents

Today your child learned about nutrition and fitness through the Nutrition and Fitness Presentation Kit for Kids program made available by Cadence Health. We hope your child enjoyed the program and can demonstrate to you how to make healthy food choices and how to incorporate physical activity into their routine each day.

Making sure we eat the proper nutrients and get daily physical activity are important health practices for preventing disease and improving wellness. Please help reinforce what your child learned today by modeling this behavior by encouraging healthy eating and daily exercise in your family setting.

### IMPORTANT THINGS TO REMEMBER:

Try to eat 5 fruits and vegetables every day—they keep us healthy

The meat/bean group makes us strong

Grains give us energy

Milk and dairy help kids grow and are good for bones and teeth

Set a goal to get at least 60 minutes of physical activity every day and include activities that increase your heart rate for the majority of the time

Encourage your child to bring healthy snacks to school and to eat a nutritious lunch. These foods will help to sustain their learning abilities in the classroom. Remind your child to take advantage of recess as a means for physical activity. Promote activities that will get your child moving for that timeframe.



### RESOURCES AND LINKS

[choosemyplate.gov](http://choosemyplate.gov)

[nutrition.gov](http://nutrition.gov)

[fitness.gov](http://fitness.gov)

[letsmove.gov](http://letsmove.gov)

[eatright.org](http://eatright.org)

[myfoodapedia.org](http://myfoodapedia.org)

To order a set of dishware that includes an actual sectioned MyPlate, water cup and dairy bowl, visit [superhealthykids.com](http://superhealthykids.com).

Kits For Kids are Community Education programs available for educators and parents through Cadence Health. For information about these programs and others, visit [cadencehealth.org](http://cadencehealth.org) or call Information and Physician Referral at 630.933.4234. TTY for the hearing impaired 630.933.4833.



25 North Winfield Road, Winfield, Illinois 60190  
630.933.1600 [cadencehealth.org](http://cadencehealth.org)  
TTY for the hearing impaired 630.933.4833

# Nutrition and Fitness Tips

## Eating Healthy and Staying Active



### TIPS FOR PROPER NUTRITION:

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.

### TIPS FOR PHYSICAL ACTIVITY:

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.



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# 30 Days of Family Fun, Food and Fitness

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Start the school year off  
on a healthy foot.



**Being active is  
important to your  
family's health.  
Remember to check  
with your physician  
before starting an  
exercise program.**





# Day 1

## Set a family fitness goal:

We will be active a total of \_\_\_\_\_ minutes by the end of this month. Try to work up to 60 minutes a day of moderate-to-vigorous physical activity.

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**BE ACTIVE FOR AT LEAST 10 MINUTES.**

# Day 2

## Healthful habits are fun to CATCH.®

(Coordinated Approach to Child Health)

Learn the **GO**, **SLOW** and **WHOA** foods.

**GO** — Anytime foods

**SLOW** — Sometimes foods

**WHOA** — Once in awhile foods

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BE ACTIVE FOR AT LEAST 10 MINUTES. CAN YOU TRY FOR 15 MINUTES?

# Day 3

## Take a family bike ride.

Remember your helmets!

Did you see anything interesting?

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BE ACTIVE FOR AT LEAST 10 MINUTES. CAN YOU TRY FOR 15 MINUTES?

# Day 4

**GO** foods and drinks are good to eat almost anytime.

- Fruits and vegetables, whole grains, skim milk, lean meats and water
- Can you find **GO** foods in your house?

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BE ACTIVE FOR AT LEAST 10 MINUTES. CAN YOU TRY FOR 15 MINUTES?

# Day 5

**Take the stairs whenever possible today.**

How many stairs did you climb?

Count together.

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BE ACTIVE FOR AT LEAST 10 MINUTES. CAN YOU TRY FOR 15 MINUTES?

# Day 6

## **SLOW** foods are sometimes foods.

They aren't off limits, but you should eat or drink them in moderation because they are higher in fat, added sugar and calories.

Example: plain pancakes and sports drinks.

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BE ACTIVE FOR AT LEAST 10 MINUTES. CAN YOU TRY FOR 15 MINUTES?



# Day 7

## Get a pedometer or count your steps.

How many steps is it from your bedroom to other rooms in your house?

**FUN FACT:** 10,000 steps is about five miles.

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**BE ACTIVE FOR AT LEAST 10 MINUTES.**

# Day 8

## Step it up!

Add five minutes or more to your family fitness activity time today.

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BE ACTIVE FOR AT LEAST 15 MINUTES.

# Day 9

**WHOA** foods are once in awhile foods.

They are a special treat like birthday cake or doughnuts.  
Have small portions of **WHOA** foods.

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BE ACTIVE FOR AT LEAST 15 MINUTES. CAN YOU TRY FOR 20 MINUTES?

# Day 10

## Not outside weather?

Try walking inside a park district building or at the mall. Bowling, rollerskating and indoor swimming are fun family outings that keep everyone active.

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BE ACTIVE FOR AT LEAST 15 MINUTES. CAN YOU TRY FOR 20 MINUTES?

# Day 11

**Slice and dice! Let's make GO food pizza.**

Use whole wheat pizza dough (boost the fiber), low-fat mozzarella and pile on diced up vegetables or add pineapple.

Did you like it?

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BE ACTIVE FOR AT LEAST 15 MINUTES. CAN YOU TRY FOR 20 MINUTES?

# Day 12

## Don't forget to stretch every day.

Be sure to stretch legs, arms and back before and after any fitness activity.

Play a stretch game.

Call out words and have your family stretch to touch them.  
Example: toes, sky, knees, reach to the side, etc.

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**BE ACTIVE FOR AT LEAST 15 MINUTES. CAN YOU TRY FOR 20 MINUTES?**



# Day 13

## Walk to dinner or for an after school snack.

Find a restaurant that serves healthful food five blocks away or pack a **GO** food picnic; walk there and back — that's about one mile of walking.

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BE ACTIVE FOR AT LEAST 15 MINUTES. CAN YOU TRY FOR 20 MINUTES?

# Day 14

## Step it up!

Add five minutes or more to your family fitness activity time today.

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BE ACTIVE FOR AT LEAST 20 MINUTES.

# Day 15

## Walk and talk.

Walk outside or around the house and tell three things about yourself that your family doesn't know about you.

Can you think of something funny?

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BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YOU DO MORE?

# Day 16

## Do a **GO** food taste test.

Get some different fruits, vegetables, grains, milk products and meats. Take turns being blindfolded while trying the new foods and guess what they are.

Which was the family favorite?

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BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YOU DO MORE?

# Day 17

## Go on a 'walking date.'

Set a date, time and place where you and some friends will meet to walk and CATCH<sup>®</sup> up.

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BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YO DO MORE?

# Day 18

## Fun shopping tip:

Make a **GO** food grocery shopping list with your child.  
Let him push the cart and help put foods in the basket.

**FUN FACT:** Kids who are involved in buying and fixing meals  
tend to eat better.

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BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YOU DO MORE?



# Day 19

## Check out a fitness DVD from the library.

There are many different types of exercise videos: yoga, step aerobics, Pilates and more.

Check them out!

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BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YOU DO MORE?

# Day 20

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**Try taking a walk, bike ride or scooter ride with a different route.**

Use the website [mapmyrun.com](https://www.mapmyrun.com) to find new routes.

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**BE ACTIVE FOR AT LEAST 20 MINUTES. CAN YOU DO MORE?**

# Day 21

## Step it up!

Add 10 minutes to your family fitness activity time today.

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TRY TO BE ACTIVE FOR AT LEAST 30 MINUTES.

# Day 22

**Visit [choosemyplate.gov](http://choosemyplate.gov).**

MyPlate illustrates the five food groups that are the building blocks for a healthful diet.

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**TRY TO BE ACTIVE FOR AT LEAST 30 MINUTES.**

# Day 23

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March in place during your favorite TV show for 15 minutes.

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TRY TO BE ACTIVE FOR AT LEAST 30 MINUTES.

# Day 24

**Food should NOT be a reward for good behavior.**

Try words, high-fives, hugs and kisses instead.

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**TRY TO BE ACTIVE FOR AT LEAST 30 MINUTES.**



# Day 25

## Step it up!

Talk with your family.

Are you ready to add more minutes to your daily activity time?

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BE ACTIVE FOR AT LEAST 30 MINUTES.

# Day 26

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**Go on a scavenger hunt along a prairie path.**

Make a list of what to look for and new things you see.

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**BE ACTIVE FOR AT LEAST 30 MINUTES. TRY 35 MINUTES?**

# Day 27

## It is the kids' turn to cook.

- **Ants on a log:** Spread peanut butter or cream cheese on celery, place raisins on top and ENJOY!
- Visit cafezoom at [pbskids.org](http://pbskids.org) for more recipes

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BE ACTIVE FOR AT LEAST 30 MINUTES. TRY 40 MINUTES?

# Day 28

## Add a little groove.

Try making a playlist for your family's next walk or trip to the park. Let each family member pick a few favorite songs to include on the list.

Have a dance party at home.

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BE ACTIVE FOR AT LEAST 30 MINUTES. TRY 45 MINUTES?

# Day 29

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Visit [letsmove.gov](https://letsmove.gov).

Look for more family friendly fitness activities.

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BE ACTIVE FOR AT LEAST 30 MINUTES. TRY 50 MINUTES?

# Day 30

**Did you CATCH® some healthful habits and reach your goal?**

Keep up the great work by continuing to use this ring and add your own family fun, food and fitness ideas!

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**TRY TO BE ACTIVE FOR 60 MINUTES EVERY DAY.**

## FAMILY SAFETY TIPS

Leave a night light on in the bathroom.	Never give out personal information over the phone or Internet.
Check expiration dates on the food in the refrigerator. Throw out all foods that are expired. Clearly mark those that will expire soon.	Place a 911 sticker on your phone so that you always have the number at your fingertips during an emergency.



Always thinking. Always caring.

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# Food and Activity Log



Use this log to keep track of what you eat each day of the week and how much exercise you do every day.

Make sure the five food groups are represented each day. Don't forget to drink plenty of water. Try to have eight 8-ounce glasses of fluids every day.

Goals for the week: \_\_\_\_\_

\_\_\_\_\_

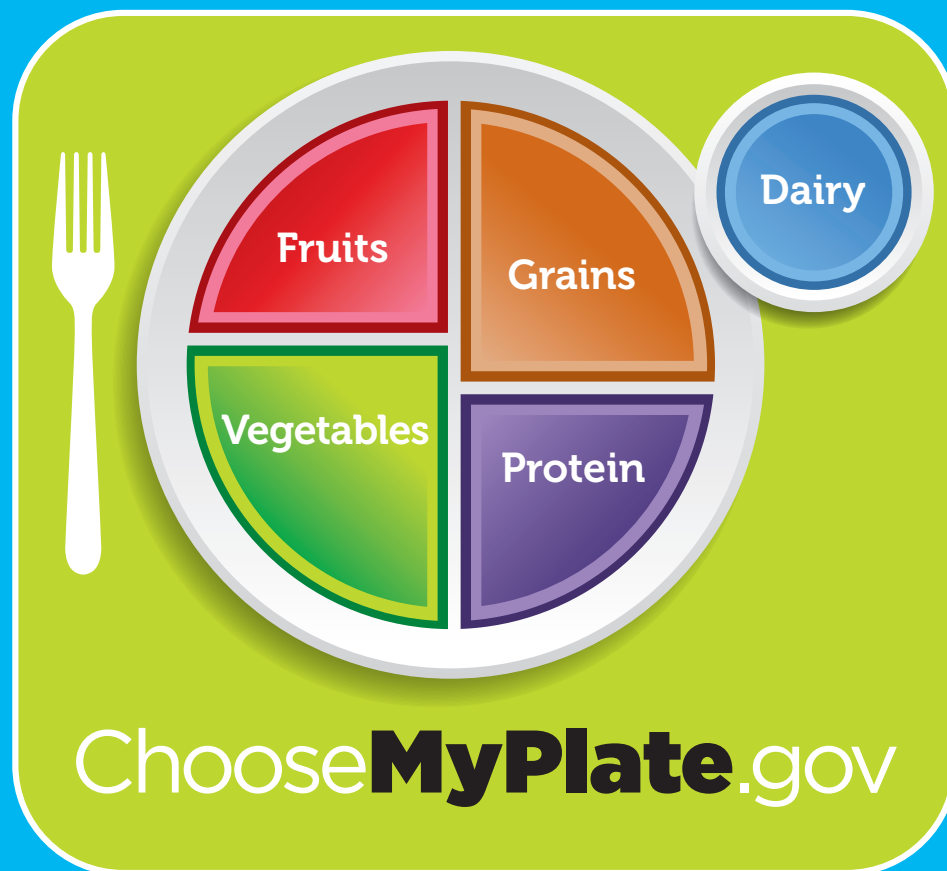
Sunday	Breakfast:	Lunch:	Dinner:	Snack:
	_____	_____	_____	_____
	_____	_____	_____	_____
Type of exercise (Minutes/Miles):		Intensity:	How session felt:	
_____		_____	_____	
_____		_____	_____	
Monday	Breakfast:	Lunch:	Dinner:	Snack:
	_____	_____	_____	_____
	_____	_____	_____	_____
Type of exercise (Minutes/Miles):		Intensity:	How session felt:	
_____		_____	_____	
_____		_____	_____	
Tuesday	Breakfast:	Lunch:	Dinner:	Snack:
	_____	_____	_____	_____
	_____	_____	_____	_____
Type of exercise (Minutes/Miles):		Intensity:	How session felt:	
_____		_____	_____	
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# Food and Activity Log

Continued

Wednesday	Breakfast:	Lunch:	Dinner:	Snack:
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	Type of exercise (Minutes/Miles):		Intensity:	How session felt:
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Thursday	Breakfast:	Lunch:	Dinner:	Snack:
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	Type of exercise (Minutes/Miles):		Intensity:	How session felt:
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Friday	Breakfast:	Lunch:	Dinner:	Snack:
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	<hr/>	<hr/>	<hr/>	<hr/>
	Type of exercise (Minutes/Miles):		Intensity:	How session felt:
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Saturday	Breakfast:	Lunch:	Dinner:	Snack:
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	<hr/>	<hr/>	<hr/>	<hr/>
	Type of exercise (Minutes/Miles):		Intensity:	How session felt:
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# What's on your plate?



Choose**MyPlate**.gov



**Before you eat, think about what and how much food goes on your plate or in your cup or bowl.**

Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



**Make half your plate fruits and vegetables.**



**Make at least half your grains whole.**



**Switch to skim or 1% milk.**



**Vary your protein food choices.**

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

**For a 2,000-calorie daily food plan, you need the amounts below from each food group.**  
To find amounts personalized for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p><b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p><b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p><b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p><b>What counts as a cup?</b> 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p><b>What counts as an ounce?</b> 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**Children and adolescents:** get 60 minutes or more a day.

**Adults:** get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



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