



# Fit and healthy families

## FOOD AND ACTIVITY—TIPS AND RESOURCES

### Healthy Habits for Lifelong Health

- Children's appetites vary. Let your child decide how much to eat.
- Offer new foods 10 times or more to increase acceptance.
- Eat breakfast to improve attention, grades, and decrease the risk of obesity.
- Reward with activity and reading rather than food.

### Healthy Eating Tips

- Fill ½ the plate with fruits and vegetables, ¼ whole grains, ¼ lean protein.
- Eat dark green and orange vegetables every day. Try fresh, frozen or canned.
- Encourage whole fruit instead of juice, and serve fresh fruit that is in season.
- Choose whole grains: brown rice, oatmeal, whole grain cereal, breads and pasta.
- Choose lean protein: fish, poultry, beans, eggs and lean cuts of meat
- Grill, steam, or bake foods instead of frying
- Serve nonfat milk with meals and water between meals.

### Physical Activity Tips

- Play and have fun together as a family or with peers.
- Improve your health and the earth: walk, bike or use transit when possible.
- Find physical activities your child/teen enjoys, i.e. sports, dance, the outdoors
- Join a recreation center, YMCA or boys and girls club.
- Unplug the electronics! Encourage children to be creative.
- Remove televisions from the bedroom. Children will sleep better.
- Enjoy nature as a family: get outside!
- For young children encourage several hours of daily unstructured movement.
- Limit use of strollers, saucers or wagons.

### Online Resources

#### Physical Activity Resources

**For most recent Kaiser Permanente programs and suggested resources:**

- [kphealthyme.com](http://kphealthyme.com)

**For physical activity suggestions and local events/resources:**

- [nwf.org/Get-Outside](http://nwf.org/Get-Outside)
- [bam.gov](http://bam.gov)
- [letsmove.gov](http://letsmove.gov)
- [fitness.gov/funfit/kidsinaction.html](http://fitness.gov/funfit/kidsinaction.html)
- Boys and girls club: [bgca.org](http://bgca.org)

#### Nutrition Resources

**Interactive phone program to promote healthy families:**

- [healthychoicehotline.org](http://healthychoicehotline.org)

**Information on food portions, menu planning and recipes:**

- [family.go.com/food](http://family.go.com/food)
- [choosemyplate.gov](http://choosemyplate.gov)
- [wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov)
- [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)

### Food Assistance Resources

#### Hunger Free Hotline

for all food assistance needs **855-855-4626** toll free or **720-382-2920**

#### Women Infants and Children (WIC)

[www.cdphe.state.co.us/ps/wic/](http://www.cdphe.state.co.us/ps/wic/)  
Food assistance for pregnant women and their children to age 5.

#### Summer meals for kids and teens:

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






#### School breakfast and lunch programs:

Contact your local school district food service and ask how to enroll.

# Your Action Plan

## CHOOSE 2 FAMILY GOALS

Goals are most successful when all family members participate and support one another. Select one or two goals your family will work to achieve. For programs and resources contact 303-614-1070, **866-868-7112** toll free or **kphealthyme.com**.

 <h1>5</h1>	<h3>5 servings of fruits and vegetables daily</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Include at least one fruit and/or vegetable with every snack or meal</li> <li><input type="checkbox"/> Add color: make ½ your plate fruits and/or vegetables at most meals</li> <li><input type="checkbox"/> Add extra vegetables to tacos, stews, burritos, soups, etc.</li> <li><input type="checkbox"/> Try one new fruit or vegetable</li> </ul>
 <h1>2</h1>	<h3>2 or less hours of screen time daily</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove TV and screens from bedrooms</li> <li><input type="checkbox"/> Enjoy time outside: daily green hour without any screens</li> <li><input type="checkbox"/> Unplug the family for 1-2 weeks, plan activities without screens (For children under 2 we recommend no TV)</li> <li><input type="checkbox"/> Join after school activities or community centers</li> <li><input type="checkbox"/> Turn off TV during meals</li> </ul>
 <h1>1</h1>	<h3>1 or more hours of physical activity daily</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk or bike to school (or at least the last 5 blocks)</li> <li><input type="checkbox"/> Join a sports team, dance group or outdoor club</li> <li><input type="checkbox"/> Play outside daily: invent games, jump in leaves, build snow forts, etc.</li> <li><input type="checkbox"/> Sign up for a recreation pass as a family or with friends</li> <li><input type="checkbox"/> Spend family time together hiking, playing a sport or other activities</li> </ul>
 <h1>0</h1>	<h3>0 sweetened beverages daily</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink nonfat milk, water, or water flavored with fruit</li> <li><input type="checkbox"/> Save money, do not buy soda, sports drinks, fruit drinks</li> <li><input type="checkbox"/> Reduce amount of soda, sports drinks, fruit drinks to ____/week</li> </ul>
	<h3>Other</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat breakfast daily</li> <li><input type="checkbox"/> Eat dinner as a family ____ times/week</li> <li><input type="checkbox"/> Serve smaller portions (see mypyramid.gov)</li> <li><input type="checkbox"/> Eat out/take out less than ____ times/week</li> <li><input type="checkbox"/> Additional goal: _____</li> </ul>

All recommendations are for kids 2 years of age or older.

For resources on how to achieve your family goals, please visit [kphealthyme.com](http://kphealthyme.com) or call 303-614-1070

Patient \_\_\_\_\_ Date \_\_\_\_\_

Parent or Caregiver \_\_\_\_\_ Date \_\_\_\_\_

Provider \_\_\_\_\_ Date \_\_\_\_\_