

# Strategies for your family to eat right and move more

## Encourage your child to be physically active

- ✓ Allow your child to spend no more than two hours a day watching TV, playing video games, or surfing the Internet
- ✓ Schedule regular times for family walks or other physical exercise
- ✓ Add physical exercise to everyday activities by, for example, parking far back in the mall lot or taking the stairs instead of the elevator
- ✓ Assign your child household chores, such as yard work or walking the dog



- ✓ Encourage your child to ride a bike every day for at least 20 minutes
- ✓ Support your child's participation in organized sports
- ✓ Use parent-child contracts to focus on particular behaviors (like taking a weekly family hike)
- ✓ Hold a nightly family meeting to review the day's eating and activity, solve any related problems, and provide praise for healthy behaviors
- ✓ Reduce time spent in sedentary behaviors, especially watching TV (remove the TV from your child's bedroom)

## Develop healthy eating habits

- ✓ Replace soda or sugared drinks with water
- ✓ Substitute low-fat or reduced-fat dairy products for full-fat products
- ✓ Substitute fresh fruit for cookies, cakes, and other desserts
- ✓ Replace fried foods with those that are baked, steamed, or poached
- ✓ Have available healthful snack options, such as fruit, vegetables that can be eaten raw, low-fat popcorn, graham crackers, low-fat frozen yogurt, fat-free fudge bars

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- ✓ Take a homemade healthful lunch to school or work instead of buying a cafeteria meal
- ✓ Eat whole-grain foods such as brown rice and whole wheat bread instead of white rice and white bread
- ✓ Freely eat fresh fruit, salads (with low-fat dressings), fat-free dairy products, and nonfried skinless poultry and fish
- ✓ Eat in moderation starchy vegetables (such as potatoes, corn, and peas), rice, pasta, and bread
- ✓ Rarely eat foods high in fat and sugar, such as cakes, pies, fast food, fruit juices, and pizza
- ✓ Eat a wide variety of foods

## ***Observe healthful behaviors***

- ✓ Eat meals and snacks at regularly scheduled times to avoid grazing
- ✓ Read nutrition labels
- ✓ When eating meals at the dinner table, put the focus on conversation, not just the food
- ✓ Plate food instead of setting out serving dishes to discourage seconds
- ✓ Do not keep calorie-dense snacks, such as chips, ice cream, cakes, and cookies, in the house
- ✓ Keep a food and activity diary to see what triggers eating
- ✓ Eat slowly
- ✓ Eat out at a restaurant no more than once a week
- ✓ Limit fast-food meals to once a week
- ✓ Don't eat in front of the TV
- ✓ Eat a healthful breakfast

