

Parent's Guide for Talking with Children

Use simple messages to encourage healthy eating

Can you ... everyday?

- B** Eat a healthy **BREAKFAST**
- 5** Eat at least **FIVE** or more fruits and vegetables
- 4** Drink **FOUR** glasses of water
- 3** Have **THREE** servings of dairy
- 2** Limit screen time (computer, TV, video games) to less than **TWO** hours
- 1** Be physically active for at least **ONE** hour
- O** **AVOID** sweetened beverages

Source: South Carolina Institute of Childhood Obesity and Related Disorders (SCICORD)



Visit these online resources

Adults

Weight Control Information Network:
win.niddk.nih.gov/index.htm

Dietary Guidelines for Americans 2005:
health.gov/dietaryguidelines

Physical Activity Guidelines for Americans 2008:
health.gov/paguidelines

Kids

Center for Disease Control:
cdc.gov/healthyweight/children/index.html

My Pyramid for Kids:
mypyramid.gov/kids/index.html

Action for Healthy Kids - Interactive Games:
actionforhealthykids.org/gotuwc/index.php

Kids Health Web Site:
kidshealth.org

Free DVD for Kids – “Max’s Magical Delivery:”
ahrq.gov/child/dvdobesity.htm

Keep Kids Healthy - Online calculator:
keepkidshealthy.com/welcome/bmicalculator.html

Family Fun Web sites

BAM! Body and Mind:
bam.gov

Kidnetic:
kidnetic.com

Nutrition Analysis Tools:
nat.uiuc.edu/energy

Smart-Mouth.org:
cspinet.org/smartmouth

Activity Directory:
SCHHealthyOptions.org

Verb - It's what you do:
verbnow.com

Involve children using the colorful guide on the back ...

Can you ... everyday?

Breakfast

5 fruits and veggies

4 glasses of water

3 servings of dairy

2 hours of screen time or less

1 hour of exercise

0 sweetened drinks

Source: SCICORD

Get Moving!

- Ride a bike
- Play at the park
- Run in place
- Jog or walk with a friend
- Kick a soccer ball around

- Play hopscotch
- Hula Hoop
- Go swimming

Challenge Yourself!

- See how long you can jump rope without stopping.
- In one minute, how many jumping jacks can you do?
- Join a sports team in your neighborhood.



What should you eat more of and less of?



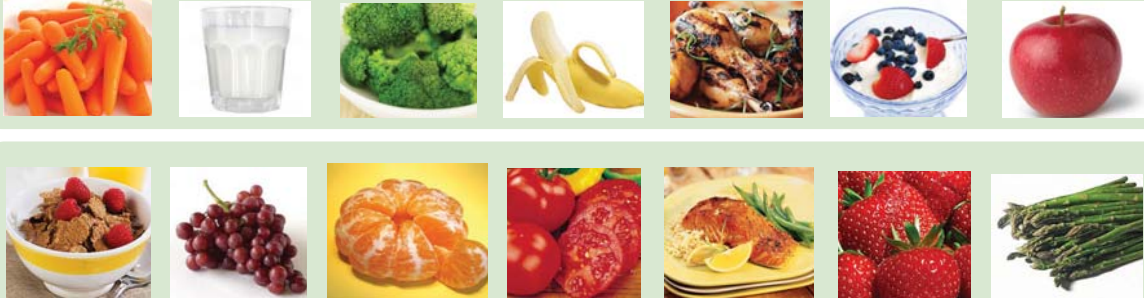
Red Light - Don't eat very often



Yellow Light - Eat sometimes



Green Light - Eat a lot!

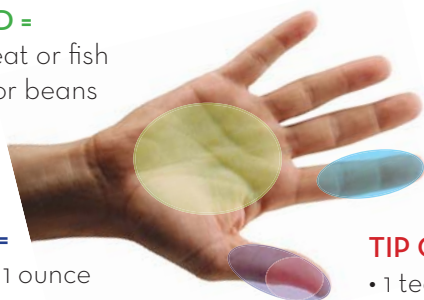


Source: pediatrics.org

For the Parent: Measuring Portions

PALM OF A HAND =

- 1-2 servings of meat or fish
- 1 serving of nuts or beans



FINGER LENGTH =

- The width across 1 serving of fruit

WHOLE THUMB =

- 2 tablespoons or 1 ounce
- 1/2 serving of cheese

TIP OF A THUMB =

- 1 teaspoon of butter or peanut butter



CLOSED FIST =

- 1 cup or a serving of cooked veggies or pasta or rice

Source: nasa.gov