

Activity & Nutrition Tracker



You want your child to develop healthy habits. But how can you be sure he's eating well and getting enough exercise every day? Use this handy checklist! *Note: Make copies so you and your youngster can check off his progress each week.*



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Physical Activity Recommended: 60 minutes a day. Hint: Try 10 minutes at a time.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.
Total min.														
Fruits & Vegetables Recommended: 5-9 servings a day of a variety.	Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Check off each serving: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Meat & Beans Recommended: 4 servings a day of lean meats, poultry, fish, eggs, beans, and nuts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Dairy Recommended: 3 servings a day of fat-free milk (regular, soy, or lactose-free), yogurt, and cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Grains Recommended: 4-9 servings a day of cereal, rice, pasta, barley, oats, and other grains. Try to make at least half of the servings whole grains.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Nutrition Nuggets

Did you know that one out of every five children in the U.S. is overweight? Help your children stay at a healthy weight by getting in the habit of eating well and exercising daily. Use these tips to get them started.

Physical activity tips:

Children need at least 60 minutes of physical activity every day. Here are ideas for getting and keeping your youngster moving.



● **Promote playing.** Focus on fun instead of exercise. Encourage your child to bike, fly kites, play Simon Says—any active play is good.

● **Turn it off.** Set time limits on TV, computer, and video games. Try to keep total screen time to less than two hours a day.

● **Break it down.** Physical activity can be spread throughout the day. Encourage your child to do 10 minutes or more at least six times a day.

● **Don't overschedule.** Life is hectic. Organized sports and activities are fine, but be sure to leave time in your child's day for free active time, too.

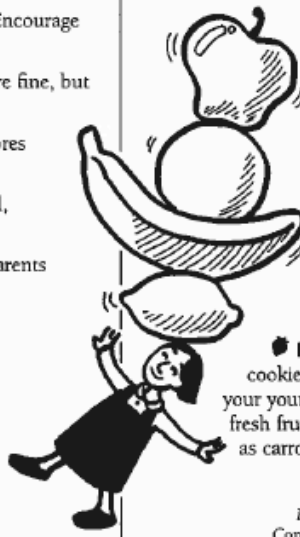
● **Round 'em up** and do activities as a family. Hike, play tag, or do chores together.

● **Make a list** of active things your youngster likes (running, basketball, dancing to music). Keep it handy for those "I'm bored" moments.

● **Tag! You're it!** Set a good example by being active yourself. Active parents are likely to have active kids.

Nutrition tips:

Overweight children are more at risk of becoming overweight adults. Developing healthy eating habits at an early age can help your child avoid the battle of the bulge—and the risk of disease—later in life. Try these ways to help your youngster eat right.



Nutrition Nuggets

Shop healthy

● **Plan weekly menus.** Build meals around lean meats, whole grains, fruits, vegetables, and low-fat dairy selections. It's easier to provide a healthy diet if you plan ahead and shop accordingly.

● **Read labels.** Buy foods that contain simple ingredients without additives. Avoid foods that are high in sugar, salt, cholesterol, and fats. A simple guideline: If you can't read or don't understand an item's ingredients, skip it. For tips on reading labels, see www.cfsan.fda.gov/~dms/foodlab.html.

● **Do the "whole" thing.** Look for the word "whole" before grain names on labels. Choose whole fruits over juices. You'll add more fiber and nutrients to your child's diet with whole foods.



Eat healthy

● **Serve a variety of foods.** Include items from each food group daily. Most children need 6 ounces of grains, (half should be whole grains); 2½ cups of vegetables; 1½ cups of fruit; 3 cups of milk or dairy products (2 cups for youngsters 2–8); and 5 ounces of lean meat, poultry, fish, eggs, beans, and nuts.

● **Offer water as a beverage.** Children need plenty of water each day. Stay away from soda and fruit drinks, and keep 100 percent juice to a minimum (two 6-ounce servings a day).

● **Learn what healthy portions look like.** For example, 3 ounces of meat is the size of a deck of cards. One-half cup of cooked pasta is the size of half a baseball. A chart is available online at <http://hp2010.nhlbi.nih.gov/portion/servingcard7.pdf>.

● **Provide healthy snacks.** While an occasional cookie or candy bar is okay, snacks should help fill your youngster's nutritional needs. Try yogurt smoothies, fresh fruit, whole-grain crackers, and raw vegetables, such as carrot and celery sticks.



Editor's Note: Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.