



# HEAT<sup>SM</sup>

## Healthy Eating and Activity Together

### HEAT: School Age Parent Tips

#### Healthy

- Review your child's growth charts with your healthcare provider.
- Be a good role model and make healthy eating and activity together a goal for all family members.
- Remember this is a time that:
  - Children begin their role as student learners and become involved in activities at school.
  - Children slow down in their rate of growth.

#### Eating

- Provide healthy choices for meals and snacks:
  - Eat 5 or more servings of fruits and vegetables per day.
  - Eat 3 or more servings of whole grain foods per day.
  - Use low-fat or non-fat milk but limit intake to no more than 16 ounces per day.
  - Encourage healthy, low-fat snack foods.
  - Encourage a high fiber diet and foods that are rich in calcium.
  - Use soft margarine rather than lard, butter or stick margarine.
  - Portion size and control are very important.
  - Avoid fried foods and high-calorie, non-nutrient foods (e.g., doughnuts, French fries, chips, cakes and candy).
  - Serve 100% fruit juice (not fruit drinks), but limit to 4–6 ounces per day.
  - Avoid fruit drinks and sodas. Drink water instead.
- Limit fast food meals to no more than twice per week.
- Remind child to eat slowly.
- Offer healthy traditional foods enjoyed in your culture (e.g., beans, corn, tortillas, fruits and vegetables).
- Start each day by eating a healthy breakfast.
- Do not have a “clean plate” policy for meals.

#### Activity

- Ensure child participates in at least 60 minutes daily of intermittent, moderate to vigorous physical activity, such as jumping rope, basketball, kickball, or dancing.
- Limit TV, video and computer time to less than 2 hours a day.
- No TV during meals.
- No TV or computer in your child's bedroom.

#### Together

- Schedule times for family meals together and participation in physical activities.
- Respect that your child is responsible for whether to eat and how much to eat.
- Don't let TV advertisements influence food selection.
- Begin teaching your child how to select and prepare healthful foods and drinks.
- Work with your child to learn to avoid the use of food for comfort and to recognize emotional triggers for eating and substitute other coping strategies.
- Support healthy food choices and beverages sold or served in school.
- Support physical education time as a regular part of school activity.

#### Websites

- [www.mypyramid.gov/kids/](http://www.mypyramid.gov/kids/)
- [www.niddk.nih.gov/index.htm](http://www.niddk.nih.gov/index.htm) (Weight-Control Information Network)
- [www.oopkids.com](http://www.oopkids.com)
- [www.cdc.gov/verb](http://www.cdc.gov/verb) (good for 9–13 year olds)
- [www.kidshealth.org/kid/stay\\_healthy/](http://www.kidshealth.org/kid/stay_healthy/)
- [http://exhibits.pacsci.org/nutrition/nutrition\\_cafe.html](http://exhibits.pacsci.org/nutrition/nutrition_cafe.html)
- [www.nutritionexplorations.org/kids/main.asp](http://www.nutritionexplorations.org/kids/main.asp)
- <http://kidnetic.com>

