



Top Things to Keep in Mind for Healthy Kids

- Eat frequently throughout the day
 - Every 3-4 hours
 - Burn more calories
 - Increases Energy
 - Curbs hunger so they are less likely to overeat
- Eat foods that keep you feeling fuller, longer
 - Fiber
 - Fruits Vegetables, Beans and **Whole** Grains
 - Protein
 - Healthy Fats
- Eat Breakfast every day, make it a habit!
- Eat foods low in saturated fat, trans fat, and added sugars
- Choose a variety of foods to get enough carbohydrates, protein and other nutrients
- Be physically active every day: Aim for at least 60 minutes a day
- Serve whole-grain/high-fiber breads and cereals rather than refined (white) grain products.... Look for "whole" grain as the first ingredient on the food label and make at least half of your grain servings whole grain
- Serve a variety of fruits and vegetables daily, but limit juice intake (ounce for ounce, fruit juice typically contains as much sugar as a soft-drink!)

- Serve fat low-fat dairy foods.
- Be mindful of portion size, and encourage kids to pay attention to hunger & fullness cues!