

Healthy Drinks

Did you know?



What are the healthiest drinks for kids?

- Water and lowfat milk (skim or 1%) are the healthiest drinks.

Why should sugary drinks be limited?

- Sugary drinks like fruit drinks, juice, and soda are loaded with sugar. Even 100% juice has a lot of sugar!
- A 20-ounce bottle of soda or juice has about 68 grams of sugar—this equals 17 teaspoons of sugar!
- Extra sugar from drinks can cause cavities and excess weight gain.
- Kids who drink one can of soda each day are getting an extra 30 pounds of sugar per year.

NEXT STEPS

- ✓ Read [Finding Healthy Drinks for High Five Kids](#) and [Milk for High Five Kids](#).
- ✓ Be a sugar detective at the grocery store. Look for drinks that have 5 grams of sugar or less per serving.



BOINGO SAYS...

Limit sugary drinks
to no more than 4
ounces per day!

Healthy Drinks

Let's get started...



What are the healthiest drinks for kids?

- Water and lowfat milk (skim or 1%) are the healthiest drinks.

How can I get my child to drink water?

- Keep sugary drinks like fruit drinks, juice, and soda out of your home. If they aren't there, your child won't be able to drink them. Children will drink water if they get thirsty.
- Set the example—drink water yourself.
- Serve diluted juice—add 1 ounce of 100% juice to 8 ounces of water.
- Make ice cubes with 100% juice—add 2 cubes to a cup of water.
- Serve water in a sports bottle or in your child's favorite cup with a straw.
- Keep a colorful container of water in the refrigerator. Add sliced fruit to make “water sangria.”
- Flavor water with a fresh lemon, lime, or orange.

NEXT STEPS

- ✓ Read [Finding Healthy Drinks for High Five Kids](#) and [Drink Ideas for High Five Kids](#).
- ✓ Ask your child's daycare about what drinks they serve.
- ✓ Use your [High Five Calendar](#) to keep track of days that your child limits sugary drinks to 4 ounces or less.



BOINGO SAYS...

Limit sugary drinks
to no more than 4
ounces per day!

Healthy Drinks

Keep it up!



Great work! Keeping sugary drinks out of your home may not be easy, especially if your child asks for them or other family members buy them. Remind everyone in your family that limiting fruit drinks, juice, and soda is a healthy choice for all family members.

Keep it up with these High Five tips...

- **Stock your refrigerator with healthy drinks.** Having water, lowfat milk, and sugar-free drinks on hand will help your child make healthy choices.
- **Make it portable.** Send your child to school, daycare, or camp with a water bottle.
- **Order sugar-free drinks at restaurants.** Most restaurants have sugar-free drinks and all serve water. Be consistent with your child's health goals away from home.
- **Ask for help.** Talk to other family members and daycare providers about offering your child healthy drinks.

NEXT STEPS

- ✓ Make healthy drink choices for yourself. Remember, kids take their cues from you!
- ✓ Add healthy drinks to your [High Five Shopping List](#).
- ✓ Talk to your child's daycare about serving your child only water and milk.



BOINGO SAYS...

Limit sugary drinks
to no more than 4
ounces per day!

TV-Free Bedrooms

Did you know?



Compared to children who don't, children who have TVs in their bedroom generally:

- see more violent and adult content,
- are exposed to more junk food commercials,
- have more sleep disturbances, and
- watch much more TV.

What if there is already a TV in my child's bedroom?

- Removing the TV from your child's room is not a punishment. It's a decision you can make to keep your child healthy. If you don't remove the TV now, it will be much harder to monitor the TV your child watches when he or she is older.
- If your child needs sound to fall asleep, play music or try reading to your child to help him or her wind down at the end of the day.

NEXT STEPS

- ✓ If there is a TV in your child's room, remove it.
- ✓ Consider doing something nice for your child like getting some new books or going on an active outing to acknowledge the change.



BOINGO SAYS...
No TV in your
child's bedroom!

TV-Free Bedrooms

Keep it up!



Great work! Keeping your child's bedroom TV-free may not be easy, but it is a healthy choice that will have lifelong benefits for your child.

Keep it up with these High Five tips...

- **Commit to keeping your child's room TV-free for good.**
Don't reward your child with a TV when he or she gets older. Children of all ages should have TV-free bedrooms.
- **Have a plan for old TVs.**
Don't move old TVs to your child's bedroom if you buy a new TV for your family. Donate your TV to a charity, sell it, give it to a family member or friend, or call your city hall to find out about TV recycling.

NEXT STEP

- ✓ If you have a TV in your bedroom, consider removing it. Remember, kids take their cues from you!



BOINGO SAYS...
**No TV in your
child's bedroom!**

Limit TV

Did you know?



TV watching:

- can increase aggressive behavior in young children,
- may be related to attention problems later in life,
- is associated with excess weight gain,
- interferes with healthy activities like playing and socializing, and
- detracts from time children spend using their imaginations and interacting with their parents.

How much TV should my child be watching?

- Limit TV time to no more than one hour per day.
- No TV is best!

NEXT STEPS

- ✓ Keep track of how much TV your child is watching. You may be surprised at how quickly the hours add up!
- ✓ Read [TV-Free Activities for High Five Kids](#) for alternatives to TV watching.



BOINGO SAYS...
Limit TV time to
no more than
1 hour per day!

Limit TV

Let's get started...



How do I limit my child's TV time?

- **Involve your child.**
Let your child know about the 1 hour TV limit and help your child decide what program or video he or she would like to watch for that hour.
- **Help kids deal with boredom.**
Be prepared to suggest alternative activities to watching TV.
- **Don't get cable.**
The less there is on TV, the less your child will watch.
- **Don't put a TV in your child's bedroom.**
- **Expect complaints.**
This may be a parent's biggest challenge, but stick with it! Kids can learn to entertain themselves.

NEXT STEPS

- ✓ Read [TV-Free Activities for High Five Kids](#) and ask your child to suggest other TV-free activities.
- ✓ Use your [High Five Calendar](#) to keep track of days that your child limits TV time to no more than 1 hour.



BOINGO SAYS...
Limit TV time to
no more than
1 hour per day!

Limit TV Keep it up!



Great work! Limiting your child's TV time can be a challenge, especially if other family members keep the TV on. Remind everyone in your family that limiting TV time is a healthy choice for all family members.

Keep it up with these High Five tips...

- Use the one hour wisely! Encourage commercial-free TV or videos/DVDs.
- Turn the TV off during meal times and make a rule about not eating while watching TV.
- Don't use the TV for background noise. Turn it off if nobody is really watching it.
- When your child watches TV, watch it with him or her.
- Keep your child's bedroom TV-free.

NEXT STEPS

- ✓ Limit the time you spend watching TV. Remember, kids take their cues from you!
- ✓ Consider using a TV time manager like [TV Allowance®](#).



BOINGO SAYS...
Limit TV time to
no more than
1 hour per day!

Active Play

Did you know?



Active play helps your child:

- be creative and imaginative,
- sleep better at night,
- have strong bones, lungs, and muscles,
- be healthy,
- feel confident, and
- get along with others.

How much active play do kids need?

- Kids need at least 1 hour of planned, active play per day.
- Play for an hour straight or spread out the hour during the day, like 10-15 minutes at a time.

NEXT STEPS

- ✓ If your child isn't active now, start slowly and build up.
- ✓ Talk to your child about what activities he or she would like to do.



BOINGO SAYS...
Include at least
1 hour of active play
per day!

Active Play

Let's get started...



How much active play do kids need?

- Kids need at least 1 hour of planned, active play per day.

How can I get my child to be more active?

- Keep it fun and be creative.
- Play with your child. They enjoy spending time with you!
- Encourage your child to play outside every day, if possible.
- Arrange for your child to play with other children to make being active even more fun.
- Sign your child up for activities he or she enjoys like sports, dance, or swimming.

NEXT STEP

- ✓ Use your [High Five Calendar](#) to keep track of days that your child is active for at least one hour.



BOINGO SAYS...
Include at least
1 hour of active play
per day!

Active Play Keep it up!



Great work! Keeping children active is a challenge for many families. Remind everyone in your family that staying active is a healthy choice for all family members.

Keep it up with these High Five tips...

- **Find indoor activities that your child can participate in all year long.** Community centers offer young kids and families opportunities for physical activity. Call your local YMCA, Boys and Girls Club, town recreation department, dance studios, or gym programs.
- **Look for resources in your neighborhood.** If you don't think your neighborhood has a safe park, ask other parents what they do.
- **Make it a priority.** There are 1,440 minutes in a day. Use 60 of them for good health!

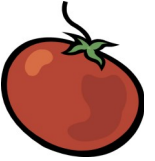
NEXT STEP

- ✓ **Be active yourself.** When your child sees you enjoying activity, he or she will too. Remember, kids take their cues from you!



BOINGO SAYS...
Include at least
1 hour of active play
per day!

Five-A-Day Did you know?



Why is eating fruits and vegetables so important?

- Fruits and vegetables are a natural source of energy and are loaded with the vitamins, minerals, and fiber your child needs to stay healthy.

How many servings of fruits and vegetables should my child eat?

- Children should eat at least 5 servings of fruits and vegetables per day.
- If your child eats only 1 serving per week now, start with a goal of eating 1 fruit or vegetable per day and increase this goal until you've reached 5-a-day!
- Remember, every extra serving counts.

NEXT STEPS

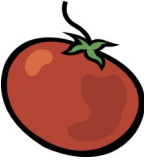
- ✓ Offer fruits and vegetables at all meals and snacks.
- ✓ Read [High Five Fruits and Vegetables](#) for ideas of new fruits and vegetables to try.



BOINGO SAYS...
Eat at least 5
servings of fruits and
vegetables per day!

Five-A-Day

Let's get started...



How can I get my child to eat more fruits and vegetables?

- **Plan ahead.** Keep the kitchen stocked with fresh, frozen, and canned fruits and vegetables to include in your menu planning.
- **Make it grab-and-go.** Put washed and peeled fruits and vegetables where your child will see them and have grab-and-go snacks (such as cut up raw vegetables, peeled and cut oranges, and seedless grapes) in small plastic bags in your refrigerator.
- **Add fruits and vegetables to your child's favorite foods.**
 - Put sliced bananas or other fruit on top of cereal.
 - Add slices of green and red pepper to cheese pizza.
 - Add pureed zucchini and carrots or frozen vegetables to pasta sauce.
 - Put slices of tomato inside cheese quesadillas.
 - Add carrot "coins" to chicken noodle soup.
 - Make frozen fruit smoothies.

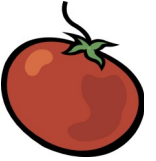
NEXT STEPS

- ✓ See [Fruits and Vegetables for High Five Kids](#) for ideas.
- ✓ Use your [High Five Calendar](#) to keep track of days that your child eats 3 to 4 or 5 or more servings of fruits and vegetables.



BOINGO SAYS...
Eat at least 5
servings of fruits and
vegetables per day!

Five-A-Day Keep it up!



Great work! Getting children to eat 5 servings of fruits and vegetables is a challenge for many families.

Keep it up with these High Five tips...

- **Don't give up.** Kids can learn to like fruits and vegetables. Some kids may need to taste a new food more than 10 times before they decide to eat it.
- **Involve your child.** Let your kids pick the fruits and vegetables they want when you go shopping or decide what vegetables to add to the dinner salad.
- **Stay in season.** Look for seasonal produce or other low-cost options:
 - Frozen fruits and vegetables.
 - Fresh fruits like bananas, apples, and clementines.
 - Fresh vegetables like carrots, cucumbers, celery, lettuce, and broccoli.

NEXT STEPS

- ✓ Eat your fruits and vegetables. Remember, kids take their cues from you!
- ✓ Add fruits and vegetables to your [High Five Shopping List](#) and use your list at the grocery store.



BOINGO SAYS...
Eat at least 5
servings of fruits and
vegetables per day!

Healthy Meals

Did you know?



What is fast food?

- Fast food restaurants prepare on-the-go meals in less than 10 minutes. Some examples include McDonald's, Burger King, Taco Bell, Wendy's, Subway, KFC, Dunkin' Donuts, and Sbarro.

Why should I limit my child's fast food?

- Most fast food is high in unhealthy fats, calories, sugar, and salt.
- Eating too much fast food can lead to health problems like excess weight gain, high blood pressure, and heart disease.
- Food prepared at home is almost always healthier and less expensive than food you eat out.

NEXT STEPS

- ✓ If fast food is a regular part of your family's diet, cut back on the number of times per month you eat it.
- ✓ Serve your child healthy foods at home as much as possible.
- ✓ Use your [High Five Shopping List](#) to make sure your house is stocked with healthy ingredients.



BOINGO SAYS...
Limit fast food to no
more than 1 time
per week!

Healthy Meals

Let's get started...



How do I make a healthy meal at home?

- Include foods from different food groups.

Try to include as many food groups as possible at meals:

Lean meats and protein like chicken, fish, and beans

Whole grains like brown rice and whole wheat bread

Dairy like lowfat milk and cheese

Fruits and vegetables

- Plan ahead.

Pack healthy meals if you and your family have to eat on the go.

Prepare extra servings when you cook so you will have leftovers to eat when you are in a hurry.

Stock up on ingredients for healthy meals you can prepare quickly.

NEXT STEPS

- ✓ Read [Healthy Meal Ideas for High Five Kids](#) and [More Healthy Meals for High Five Kids](#).
- ✓ Use your [High Five Calendar](#) to keep track of days that your child does not eat fast food.



BOINGO SAYS...
Limit fast food to no
more than 1 time
per week!

Healthy Meals Keep it up!



Great work! Limiting fast food can be a challenge for busy families. Remind everyone in your family that preparing and eating meals at home is a healthy choice for all family members.

Keep it up with these High Five tips...

- **Set clear limits.** If your child asks for fast food, say, “These are your choices for dinner, what would you like?” and offer your child healthy choices to pick from. Eventually, children eat what parents serve.
- **Offer healthy snacks.** Keep your child healthy between meals by providing healthy foods at snacks, too.
- **Don’t “super size” your meals at home.** Serving healthy portions of nutritious foods will help your child learn what to eat and how much.

NEXT STEPS

- ✓ Eat and prepare healthy meals for yourself. Remember, kids take their cues from you!
- ✓ Read [Healthy Snacking for High Five Kids](#) and [Healthy Snack Ideas for High Five Kids](#).
- ✓ Refer to [Healthy Portions for High Five Kids](#).



BOINGO SAYS...
Limit fast food to no
more than 1 time
per week!