

Healthy habits for families (Eating and physical activity)

When to serve?

- Serve breakfast for yourself and your family each day
- Make lunch if your child does not like the school lunch
- Serve meals and snacks at scheduled times



What to serve?

- Serve water instead of juice
- Serve water between meals
- Provide 16 ounces of milk a day
- Serve a variety of foods
- Serve healthy foods most of the time

Where and how?

- Eat at the table
- Eat sitting down with your children
- Turn off the TV or any other distraction



Allow your child to decide:

- if he (she) wants to eat
- what to eat
- how much to eat

Physical activity

- Provide options of physical activities for your child to do both inside and outside
- Provide structure during the day for him (her) to do it
- Provide a safe environment for him (her) to be active
- Encourage your child to play at least 1 hour daily
- Limit TV and other screen time to 2 hours or less a day

