

Healthy Families Making Healthy Choices

A Guide to Healthy Eating



**Children's
Health Fund**

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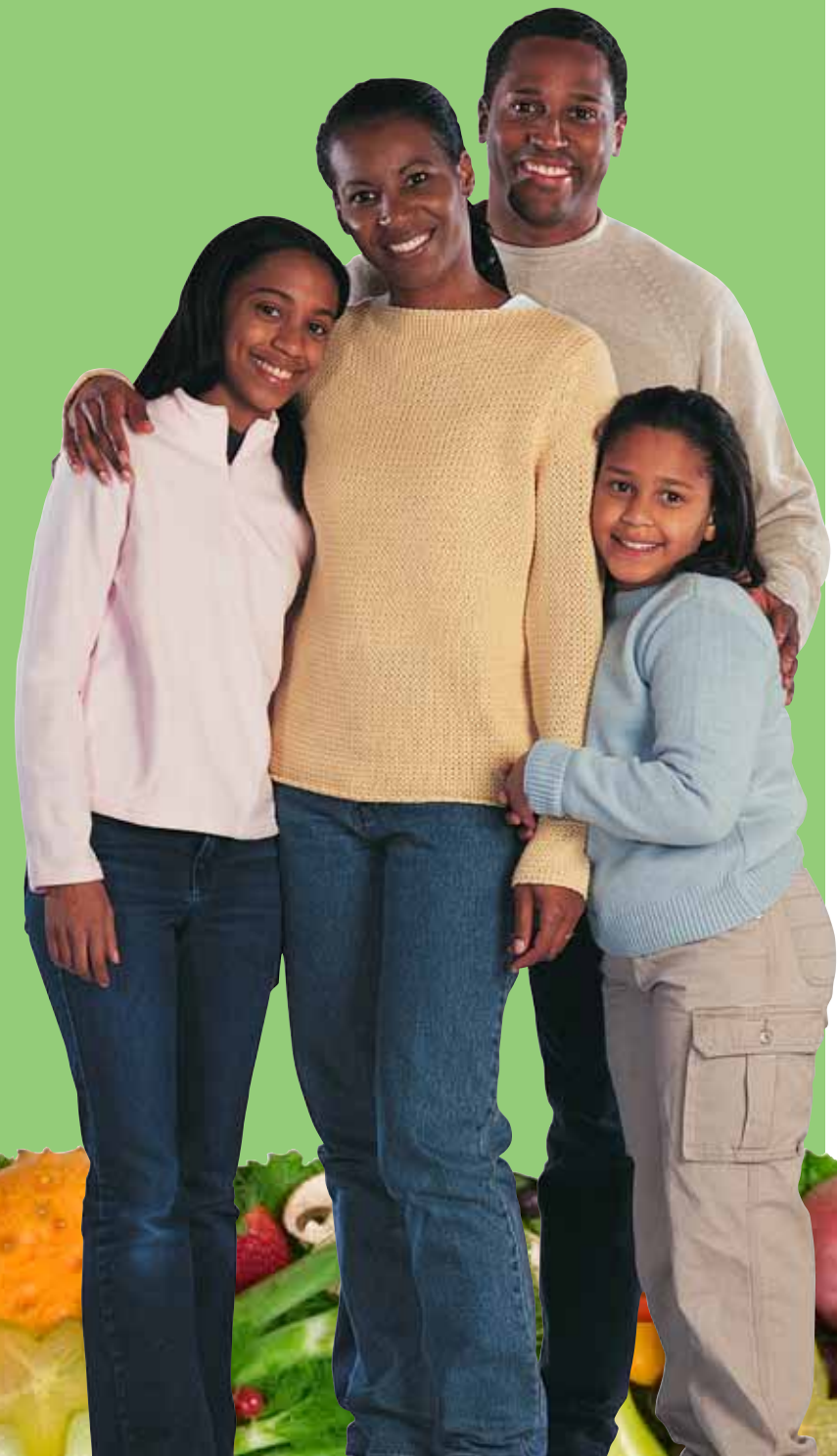
Healthy Families

Making Healthy Choices

Families come in many shapes and sizes. Your family may be just you and your child. Another family might have three children, a mother, and a father. Sometimes we think of people who are not blood relatives as family. Why is this important? Because you can all help each other be healthier. In this guide you will find tips to keep your family healthy.

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How do you keep your family healthy?

The simplest answer is to follow a healthy lifestyle. Your lifestyle is simply how you live. How do you eat? How do you sleep? How active are you?



Eat as a family

- It's a great way to spend time with your kids.
- Family meals can teach your kids about healthy eating.
- Try eating together at least once a week.

Be a role model!

Show your kids how to eat healthy foods by eating them yourself.



Think about the answers to these questions.

- Are you and your family members at a healthy weight? Yes No
- Do you and your family members eat plenty of fruits and vegetables? Yes No
- Do you and your family eat balanced meals? Yes No
- Are the portion sizes you eat and serve your family small? Yes No
- Do you and your family have drinks without added sugar? Yes No
- Are you and your family physically active most days of the week? Yes No
- Does your family eat together? Yes No How often? _____

Did you answer “no” to more than one question? Did you wonder what some of the questions mean? If so, keep reading. This guide will give you and your family tips on how to:

1. Maintain a healthy weight.

2. Eat healthier.

3. Choose healthy drinks.

4. Be physically active.

Maintain a Healthy Weight



What is a healthy weight?

Everyone is different. There is no “perfect” weight that works for everyone. Activity, age, gender, and family history all play a role in healthy weight. Remember, you can’t always tell if you or your kids are overweight just by looking. Check with your doctor, nurse, or nutritionist to see what weight is best for you and your family.



Important reasons to maintain a healthy weight



- 1 Keep your heart healthy.
- 2 Reduce your risk of diabetes.
- 3 Help prevent cancer.
- 4 Make asthma symptoms less severe.
- 5 Keep your joints healthy and avoid arthritis.
- 6 Feel good.



1 Move, move, move!

- Calories are energy in food. If you eat too many calories, you gain weight. To maintain your weight, the calories you eat must equal the calories you burn through physical activity.
- Find an activity that you enjoy and try to work it into your daily routine.

2 Reduce TV time

- Try to limit how much TV you watch. Keep it to two hours per day or less.

LESS THAN
2
HOURS
PER DAY

3 Eat foods lower in fat

- Choose low-fat dairy products.
- Lean meats (poultry and fish) are lower in bad fats than red meat.
- Don't forget to take the skin off chicken and turkey.
- Limit fried foods.

4 Eat balanced meals

- Choose foods from at least 3 food groups at each meal.
- See page 10 for more information.

5 Go easy on fast foods

- Order salads.
- Go for grilled instead of fried.
- Don't "supersize" – order small sizes.



6 Don't drown in sugared drinks

- Limit juice and soft drinks that have a lot of sugar.
- Low-fat milk or water is best.

8 Eat smaller portions

- Bigger is not always better.
- Eat until you are satisfied, not stuffed.
- Chew slowly. It takes 20 minutes for your stomach to tell your brain you are full.
- See page 7 for more tips.

9 Eat more fruits and vegetables

- Fruits and veggies are low in calories. They also help to keep you feeling full.
- Turn to page 17 for tasty ways to add fruits and vegetables to your family's meals.



7 Eat regularly

- Eat a healthy breakfast every day.
- Don't skip meals. Give your body fuel throughout the entire day.

10 Get enough sleep

- Research shows that people who get less sleep, weigh more.
- Try to get to bed earlier.
- Make sure your children are getting enough sleep.



Age	How much sleep?
Birth – 2 months	10.5 – 18 hours*
2 – 12 months	14 – 15 hours*
12 – 18 months	13 – 15 hours*
18 months – 3 years	12 – 14 hours*
3 – 5 years	11 – 13 hours*
5 – 12 years	9 – 11 hours
Adolescents	8.5 – 9.5 hours
Adults	7 – 9 hours

*This includes naps.

www.cdc.gov

Eat Smaller Portions



Size definitely matters when it comes to food. Bigger is not always better. In fact, how much you eat is just as important as what you eat. Eating larger portions means you take in more calories. This can lead to weight gain.



Here are some ways to help your family eat less.

- Use a smaller plate or bowl.
- When you eat out, share a main dish. Or eat half your meal and take the rest home.
- Serve lots of vegetables with your meal. The fiber in them makes you full.
- Don't offer seconds. Pack up leftover food before sitting down to eat.
- Avoid ordering "super" or "large" sizes. Go for small or medium instead.
- It takes 20 minutes for your stomach to tell your brain you are full. Eat slowly. Give yourself time to feel full.
- Turn off the TV. People who eat while they watch TV tend to eat more and not even know it.
- Check out the Nutrition Facts label and look at the serving size to track how much you are eating. Most packages contain more than one serving per bag.

Nutrition Facts	
Serving Size 3 oz. (85g)	
Amount Per Serving	As Served
Calories 38	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	2%
Total Carbohydrate 0g	3%
Dietary Fiber 0g	8%
Sugars 0g	
Protein 0g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Size up your food portions



How do you measure up?

Food	Serving size	One serving looks like
Potato, baked	1 medium	Computer mouse
Potato, mashed	½ cup	½ baseball
Peanut butter	2 tablespoons	2 thumbs
Meat, fish, or poultry	3 ounces	Palm of your hand
Beans, rice, pasta cooked	½ cup	½ baseball
Cheese	1 ounce	Pointer finger
Bread	1 slice	Size of whole hand
Cereal	1 cup	Fist
Dried fruit or nuts	¼ cup	Golf ball or large egg
Chips	1 ounce	Palm of your hand
Ice cream	½ cup	½ baseball
Butter, oil, margarine, or salad dressing	1 tablespoon	Tip of thumb

Food and drinks that have a lot of calories, but not many nutrients, are called **empty calorie foods**. Some examples are: fruit roll-ups, chips, candy, and soda. Try to limit these foods.



What about snacks?

- A healthy snack is a small portion of a low-sugar, low-fat food.
- Snacks should be just enough to hold you over until the next meal. Be careful. When most people snack they eat too much. They eat more of a meal than a snack.
- It's better not to watch TV while you eat. If you do, make sure to put one serving of food in a bowl and eat from that. Don't eat straight from the bag. Before you know it the bag will be gone!
- When snacking while you are out (like at the movies or a sporting event), be sure to share. This will help keep your portions small. Snacks that are sold at these places are often too big.

Try these healthy snacks:

1 cup fruit and
1 ounce
low-fat cheese



Low-fat yogurt



1 cup carrots
with 2 tablespoons
of low-fat dressing



1 hard boiled egg



1 ounce cheese
and 6 whole wheat
crackers



½ peanut butter
and jelly sandwich



½ ham sandwich



1 cup low-fat
cottage cheese
and half banana



2 tablespoons
peanut butter on
2 stalks celery



¼ cup roasted
almonds (about 12)



20 frozen grapes



¼ cup guacamole
and 10 baked chips



Eat Balanced Meals



To eat balanced meals you first need to know the food groups. There are five food groups. All are important for your health.



Vegetables and fruits have vitamins, minerals, and fiber.

- Vitamins and minerals keep your nerves, hair, nails, skin, and eyes healthy. They also keep your heart pumping.
- Fiber is good for digestion. It can help you and your family lower cholesterol and control blood sugar. It can even help you with weight loss.

Grains are starches. They give you energy. Whole grains give you many more vitamins and fiber.

- Try whole grains like: whole wheat bread, brown rice, rye bread, whole wheat tortillas, whole wheat pasta, and whole grain crackers.

Meats, beans, fish, and nuts give you protein and iron.

- They keep your muscles and blood healthy.

Milk and dairy give you protein and calcium. Yogurt, milk, and cheese are part of this group.

- They keep your bones and teeth strong and healthy.

Fats and oils add flavor and energy to the diet. Fats help your body absorb some vitamins and minerals. They maintain the structure of your body. Fats are also important for your brain.

- Some fats are healthier than others.
- Try to eat less of the harmful fats.
 - Choose low-fat meats, poultry, and dairy products.
 - Try to avoid foods with trans fats.

Healthy fat	Food sources
Mono-unsaturated fat	Olive oil, canola oil, peanut oil, avocado, nuts, and seeds
Poly-unsaturated fat	Vegetable oils, nuts, and seeds
Omega 3 fats	Salmon, mackerel, herring, walnuts, flax seeds, flax oil
Harmful fat	Food sources
Saturated fat	Palm oil, coconut oil <ul style="list-style-type: none"> • Meats, poultry, dairy products, butter, lard
Trans fat	Partially hydrogenated vegetable oils <ul style="list-style-type: none"> • Packaged baked goods (crackers, cookies, cakes) • Fried foods (doughnuts, french fries) • Margarine and shortening

What is a healthy balanced meal?

Foods are from
3 or more food groups

Foods are:

- Low-fat
- Low-sugar
- Mostly fruits and/or vegetables

Healthy balanced meals are important because they:

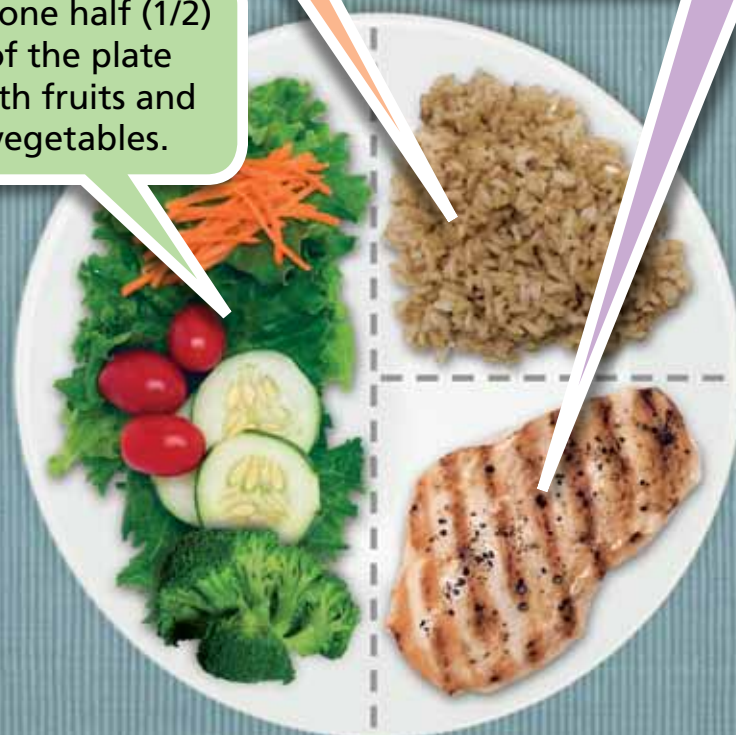
- Give you many of the nutrients you need to be healthy and strong.
- Help you have a healthy weight.
- Help you eat less because the fiber from the fruits and vegetables makes you feel full.

A healthy balanced meal looks like this.

Fill one quarter (1/4) of the plate with starches or starchy vegetables, like brown rice or potatoes.

Fill one quarter (1/4) of the plate with low-fat meats, eggs, and/or low-fat dairy.

Fill one half (1/2) of the plate with fruits and vegetables.



If you still don't know what to eat, here are some ideas:

Balanced Breakfasts

- 1 slice whole grain toast with butter, 1 cup grapes, and 1 cup low-fat yogurt.
- Strawberry and banana smoothie and whole wheat crackers.
- 1 cup whole grain cereal, low in sugar, 1 cup low-fat milk, and 1 medium banana.

Balanced Lunches

- 1 bowl vegetable soup with grilled chicken sandwich.
- 3 ounces grilled or steamed fish, 1 cup steamed vegetables, and ½ cup brown rice.
- 1 tuna sandwich with low-fat mayo, celery, and onions on whole wheat toast with lettuce and tomatoes, and an apple.

Balanced Dinners

- 1 grilled pork chop, ½ cup brown rice, and ½ plate mixed greens salad.
- 1 cup beef stew with added vegetables, such as carrots, peppers, onions, snap peas, and mushrooms, and 1 cup brown rice or whole wheat pasta.
- 1 piece grilled chicken, sautéed broccoli and carrots, and 1 small baked potato.



Eating out?

Try choosing vegetables or salad as your main dish.

Order a grilled chicken salad for dinner. Vegetable pizza or shrimp with broccoli and rice (with sauce on the side) also count as balanced meals.



Eat More Fruits and Vegetables



Why should I eat more fruits and vegetables?

- Fruits and vegetables taste great!
- They help protect you and your family from diseases such as cancer, obesity, heart disease, and high blood pressure.
- Most are low in fat and calories.
- They are rich in vitamins, minerals, and other nutrients that help your body work well.
- They have a lot of fiber, which helps you digest food and feel full.

Fill half your plate with fruits and veggies!

BREAKFAST

2 small whole wheat pancakes with light syrup and low-fat milk



LUNCH

Turkey wrap with vegetable soup



SNACK

Trail mix with nuts and dried fruit



DINNER

Stir fry with lean beef and brown rice



What does
1 serving
look like?

VEGGIES



1 ear of corn



8 baby carrots



1 sweet potato



1 orange

FRUITS



16 grapes



8 strawberries



What are your best choices?

- Choose fresh or frozen, if available. Canned vegetables are also healthy. If you choose canned vegetables, be sure to rinse them before you eat them. Rinsing them helps to remove added salt.
- When eating canned fruit, choose fruit that is packed in its own juice. Avoid canned fruit that is in heavy syrup.
- The fruits and vegetables that are the most colorful are the best for you and your family. Each of the colors offers powerful health benefits.
- Eat different colored fruits and vegetables throughout the day. The darker the color, the better it is for you.

Tired of the same fruits and veggies?

Try some of these:



8 ways to add fruits and vegetables to your family's diet

1

Try adding vegetables to casseroles, stews, and sauces.

- Vegetables like peppers, onions, tomatoes, mushrooms, corn, and spinach add color and flavor.

2

Make vegetable soup.

- Mix many different vegetables together.
- Try onions, garlic, zucchini, tomatoes, string beans, carrots, and spinach.
- What about green peas, corn, green beans, collard greens, parsley, and pumpkin?
- Try different varieties by always using different vegetables.

3

For salads, try using different leafy vegetables.

- Try romaine lettuce, spinach, red leaf lettuce, arugula, bok choy, cabbage, endive, and kale.
- You can find them separately and also mixed, bagged, and ready-to-serve at some stores.

4

Add fruits to your salad.

- Try fresh oranges, sliced apples, or mangoes.
- Dried fruits like raisins, dried cranberries, and dried papaya taste great in a salad.

5

If white rice is your thing, add some color to it.

- Add red or yellow peppers.
- Add mixed vegetables for rainbow rice.
- Serve green rice by adding peas, spinach, or parsley.
- Sweeten it up with pineapples or raisins.
- Do you like fried rice? Sauté onions, celery, carrots, mushrooms, differently colored peppers, and leeks. Add them to the rice and top it with some low sodium soy sauce!

6

Keep ready-to-eat fresh fruits and vegetables in the refrigerator for family snacks.

- Have you tried carrots, cucumber slices, grape tomatoes, or celery with some low-fat dressing? Yummy!

7

Eat fruit with breakfast.

- Make a smoothie! Blend a handful of strawberries and mango together with some ice.
- Add fruit to your cereal. Bananas, raisins, and other dried fruits make a sweet addition. This will give you an energetic and healthy start to your day.

8

Serve fruit as a sweet end to a meal.

- Try strawberries with low-fat vanilla yogurt.
- Watermelon, honeydew, or pineapple make refreshing desserts!

Think Before You Drink



Drinks are an important part of our meals. So make the healthiest drink choices you can.

If you could ask your body what it wants to drink, what do you think it would say? You might be surprised. Water and milk would be its top two choices. Why? Probably because it wants to get what it needs to stay healthy and strong.

Why Water?

Water has many healing benefits.

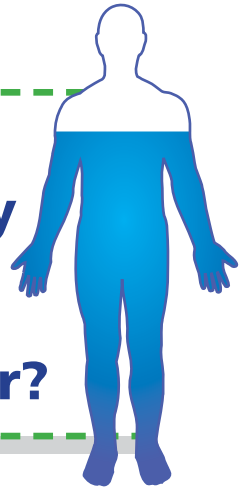
- Water hydrates your body.
- Water helps improve digestion.
- Water keeps your skin looking great.
- Water cleanses your body.

Why Milk?

Milk is a nourishing drink. It's packed with calcium and protein. It also has Vitamins A and D.

- Milk has calcium to keep your bones and teeth strong.
- Milk has protein to strengthen your muscles.
- Vitamins A and D help keep your body healthy.

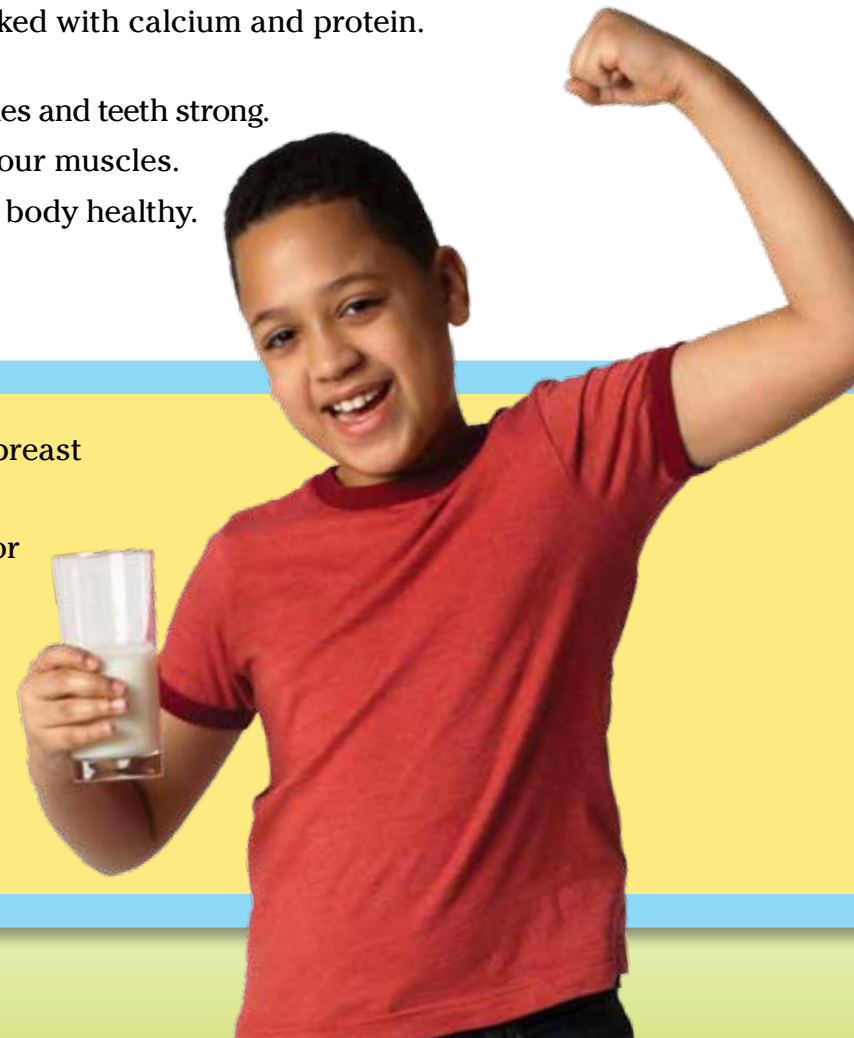
Did you know
that your body
is almost
75% water?



Babies: Children less than one year old should drink breast milk or formula.

Children between 1 and 2 years old: The best milk for toddlers depends on their weight, diet, and medical family history. Talk to your health care provider to help you choose.

Children older than 2 years old and adults: 1% milk or fat-free milk is usually a good choice. Whole milk contains a lot of saturated fat. Too much saturated fat is not healthy for your body.



Less is more when it comes to sugar

How much sugar is in what you drink?

Too much sugar is not healthy for your body or your teeth. And lots of sugar means lots of calories.

Look at this chart to see how many teaspoons of sugar are in some of your favorite flavored drinks.



Drink	Number of teaspoons of sugar
Water	0
Vegetable Juice (8 ounces)	1
Flavored water (8 ounces)	3
Sports & Energy Drinks (8 ounces)	6
Orange Juice (8 ounces)	6
Sweetened Iced Tea (8 ounces)	6
Lemonade (8 ounces)	7
Fruit Punch (8 ounces)	7
Soda (8 ounces)	7

Drink Smart

Drink more water.

Switch to zero-calorie flavored waters.

Drink diet drinks such as iced tea and lemonade instead of regular.

Drink fat-free or 1% milk instead of flavored milk.

How much juice should kids drink?

What about juice?

100% juice has its benefits. It's usually high in Vitamin C, and kids like it because it tastes sweet. But it can also be high in calories. It takes a lot of fruit to make one 8 ounce glass of juice. That can add up to a lot of calories. And most juices don't have any of the fiber that fruit does. **Try to avoid juice that is not 100% juice. It has more sugar and less nutrients.**

4 to 6 ounces each day
(about ½ cup)
for children
1 to 6 years old!

8 to 12 ounces each day
(about 1 cup)
for children
7 to 18 years old!

Try adding water to your juice!

Use ½ cup water and ½ cup juice.
This will decrease sugar and calories.



Be Active



Get Moving

Regular physical activity is important for your family's health. It makes you feel better. It can help with weight control, blood pressure, cholesterol, diabetes, and stress. Being active can help kids do better in school. It can keep adults' minds sharp, too.



Adults need at least:

- 2 hours and 30 minutes of moderate activity (like fast walking) each week.
- You also need exercise that strengthens muscles (like yoga or lifting weights) 2 days a week.

OR

- 1 hour and 15 minutes of vigorous activity (like running) each week.
- You also need exercise that strengthens muscles (like yoga or lifting weights) 2 days a week.

www.cdc.gov

Don't worry!

You can break up your activity throughout the day. Try walking for 10 minutes 3 times a day.

**Children should
get at least
60 minutes
of physical activity
every day.**



Keep it simple

You don't have to join a gym or run a marathon to get fit. Walking is a great way to exercise. Just 30 minutes of brisk walking on most days is enough to make a difference for most adults.

Other easy ways to get active:

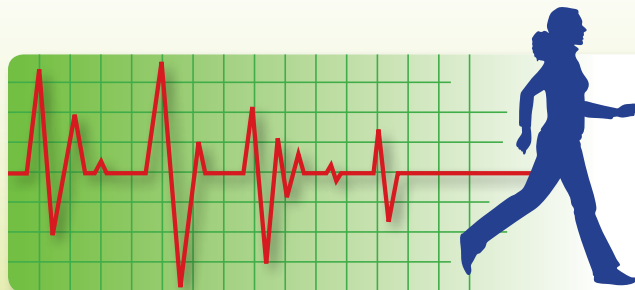
- Walk the dog around the neighborhood.
- Take the stairs instead of the elevator.
- Get off the bus or train a stop early and walk the rest of the way. When that gets easy, get off two stops early!
- Housework and odd jobs help burn off calories too – like gardening, painting, cleaning, and washing cars.
- Dance while you clean the house.
- Ride your bike instead of taking a car or train.

Calories In vs. Calories Out

When you eat...	The calorie count is...	You need to walk briskly for...
1 egg and cheese sandwich on a bagel	480 calories	103 minutes
20 french fries	427 calories	92 minutes
2 ounce bag of potato chips	306 calories	66 minutes
1 regular cheeseburger	305 calories	65 minutes
1 slice of pizza	288 calories	62 minutes
1 small piece of yellow cake	245 calories	53 minutes
2 ounces of cheddar cheese	226 calories	48 minutes
1 doughnut	196 calories	42 minutes
1 medium baked potato with 1 teaspoon butter	194 calories	42 minutes
1 scoop of vanilla ice cream	137 calories	29 minutes
1 apple	72 calories	15 minutes
10 baby carrots	40 calories	9 minutes

www.nhlbi.org; Bowes & Church's Food Values of Portions Commonly Used, 19th edition.

Note: All figures are approximate. They are based on a 154 pound healthy person. If you weigh more, you will burn more calories. If you weigh less, you will burn fewer calories.



What's brisk walking?

Walking faster than normal so that your heartbeat and breathing get faster too.

Make it fun

Being active doesn't have to be a chore. Try some of these ideas to make activity fun. You may even make a new friend or two.

- Dance to your favorite music.
- Check out the local Parks Department for free activities.
- Sign your kids up for team sports or martial arts. Look into local sports and after-school programs.
- Join a team, class, or group.
 - Double-dutch with friends.
 - Join a dance class.
 - Take up karate.



What is screen time?

TV time
Computer time
Video games



Turn off the TV

It's a fact: too much time in front of the TV can help make you overweight and out of shape. So can playing too many video and computer games.

- Limit "screen time" to 2 hours a day or less.

Make it a family affair

Physical activity is good for the whole family. It can be a fun way to spend time together. Remember, be active all year round:

- Go for a walk with your kids.
- Play ball together in the park.
- Take family trips to the zoo.
- Go sledding in the winter or swimming in the summer.
- Try an indoor activity like bowling or roller skating.
- Play video games that get you up and moving as a family.
- Walk, run, skate, or ride a bike with your kids to school, the store, or your place of worship.

Aim for
10,000
steps a day



Did you know?

Physical activity keeps you healthy. It is great for your skin, your bones, and even your brain.

Getting started

Do you need a little help getting started? Try this sample walking plan. Start by using it 3 days a week. Try to work your way up to 5 days each week.+

+ Don't forget to check with your doctor before starting any exercise or activity program.



	Warm Up Walk Slowly	Activity Walk Briskly	Cool Down Walk Slowly	Total Time Per Day
Week 1	5 minutes	5 minutes	5 minutes	15 minutes
Week 2	5 minutes	7 minutes	5 minutes	17 minutes
Week 3	5 minutes	9 minutes	5 minutes	19 minutes
Week 4	5 minutes	11 minutes	5 minutes	21 minutes
Week 5	5 minutes	13 minutes	5 minutes	23 minutes
Week 6	5 minutes	15 minutes	5 minutes	25 minutes
Week 7	5 minutes	18 minutes	5 minutes	28 minutes
Week 8	5 minutes	20 minutes	5 minutes	30 minutes
Week 9	5 minutes	23 minutes	5 minutes	33 minutes
Week 10	5 minutes	26 minutes	5 minutes	36 minutes
Week 11	5 minutes	28 minutes	5 minutes	38 minutes
Week 12 and beyond	5 minutes	30 minutes	5 minutes	40 minutes

www.nhlbi.nih.gov/hbp/prevent/p_active/walk.htm

Buddy up!

Get together with a friend for walks and other healthy activities.

RESOURCES

Nutrition

www.fruitsandveggiesmatter.gov
www.eatright.org
www.nutrition.gov
www.mypyramid.gov
www.cdc.gov/nutrition

Health

www.kidshealth.org
www.mayoclinic.com
www.cdc.gov/HealthyLiving
www.healthfinder.gov/prevention
www.health.nih.gov

Recipes

www.mayoclinic.com/health/healthy-recipes/RecipeIndex
www.cookinglight.com
www.foodfit.com
www.fruitsandveggiesmatter.gov
www.fruitsandveggiesmorematters.org

Fitness

www.fitness.com
www.foodfit.com
www.sparkpeople.com
www.ncpad.org



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