



# More Matters! Eat fruits and vegetables at least 5 times a day

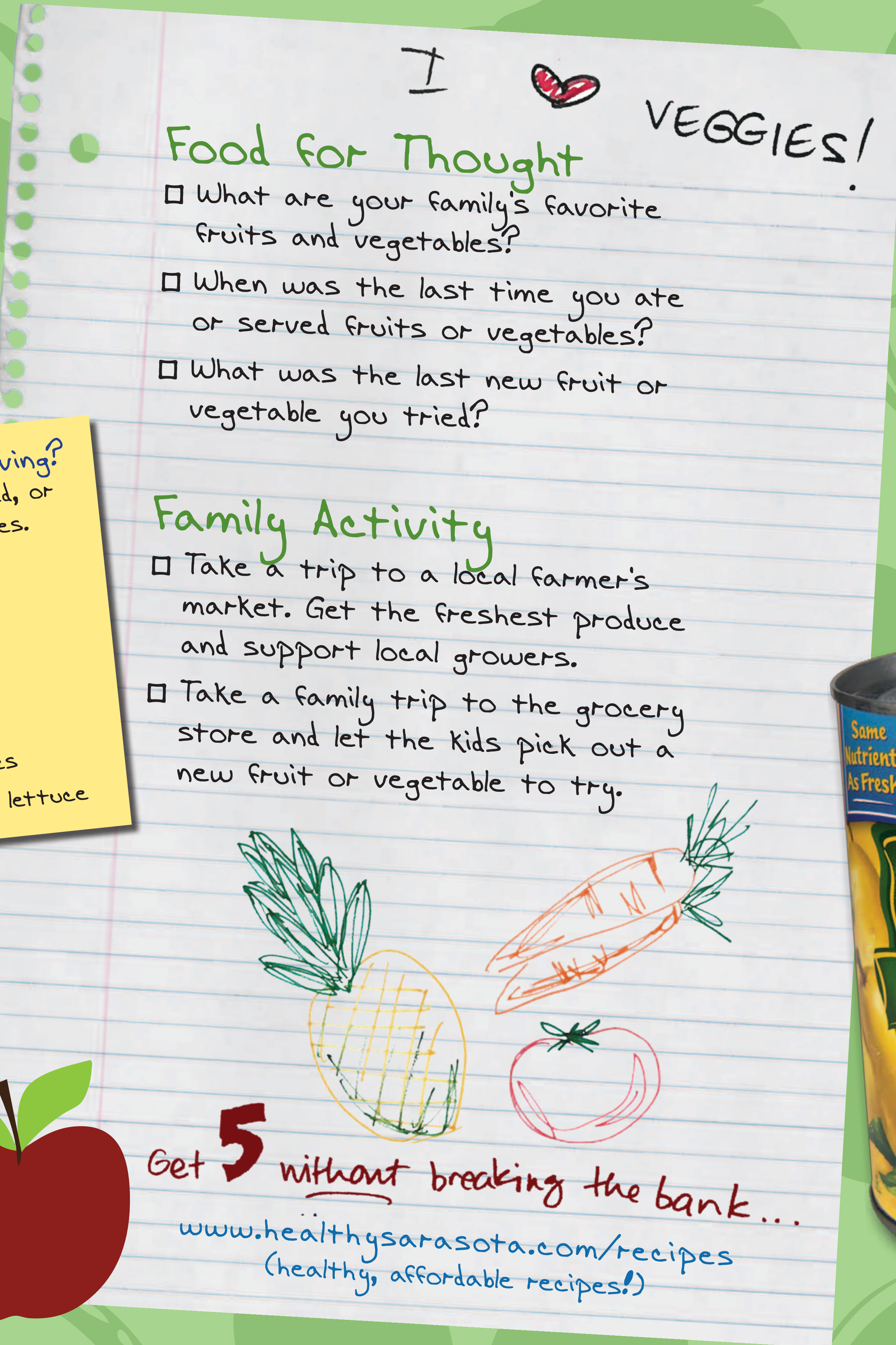
## Get Started!

A diet rich in fruits and vegetables provides vitamins and minerals important for supporting growth and development and for optimal immune function.

Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime.

*What's a kid-size serving?*  
1/2 cup of chopped, cooked, or canned fruits or vegetables.

- 1/2 apple
- 5 broccoli florets
- 16 grapes
- 1/2 sweet potato
- 6 baby carrots
- 4 large strawberries
- 1 cup of greens or lettuce



## Tips for the Family

- Start by making **small changes**.
- Encourage your family to eat more fruits and vegetables by **servicing more**. Kids who are served more fruits and veggies and see other family members eating them will eat more.
- **Try a Bite**: offer fruits and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food. But don't pressure your child. Don't complain if she/he refuses, just try again another time.



- For fruits and vegetables year-round, **buy canned or frozen**. They cost less than fresh fruit and vegetables and are just as good for you.
- Choose fruit packed in their natural juices, not syrup. Choose unsweetened applesauce. Choose canned vegetables with low or no sodium (salt).

## Use Frozen & Canned

### Add fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Stir-fry (pineapple)
- Fruit salad
- Cereal

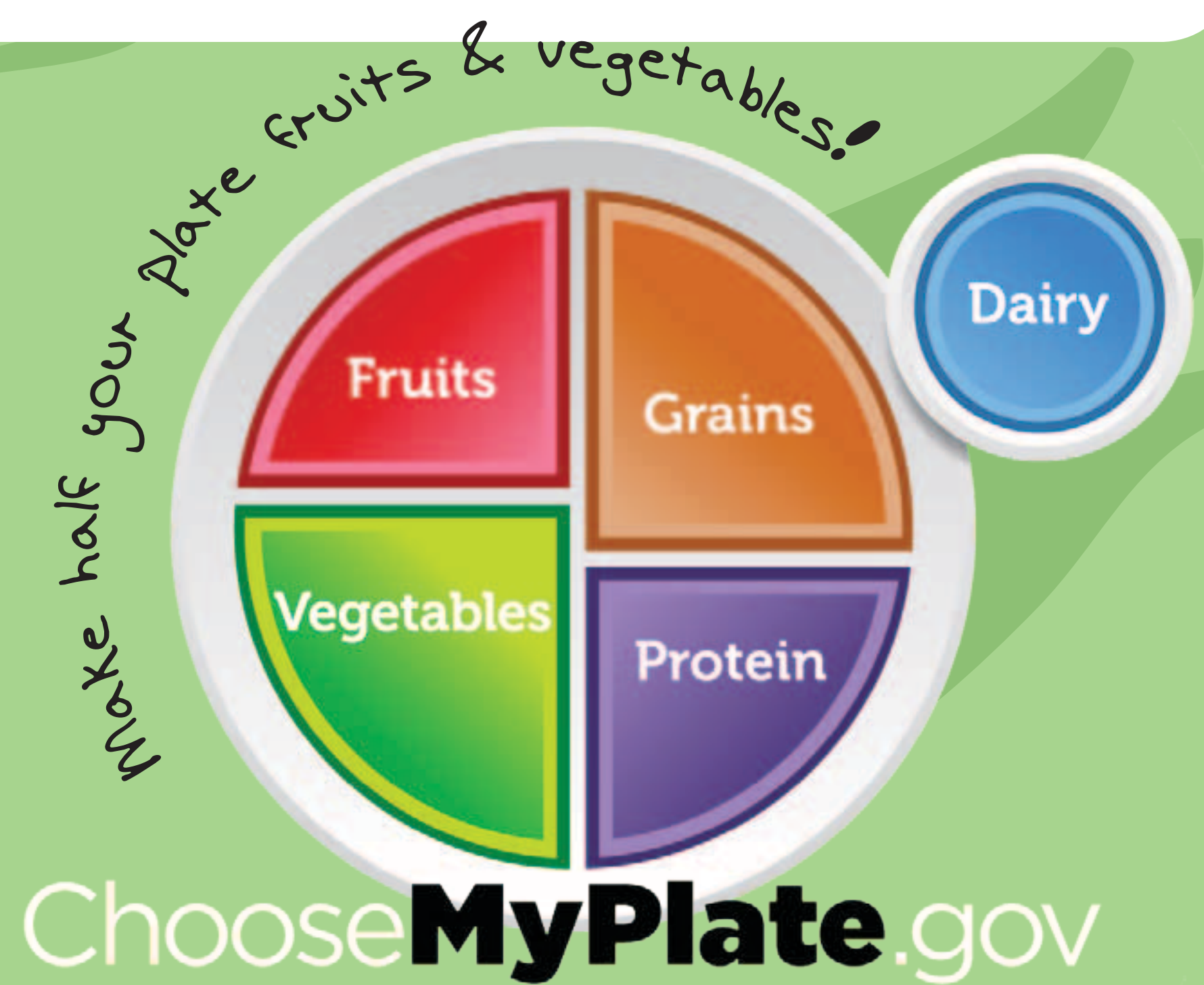
### And try using:

- Tomatoes for sauce
- Black beans & corn to spice up a Mexican dish
- Kidney or garbanzo beans to any salad

### Add vegetables to:

- Chili, soups and stews
- Stir-fry

*Beans are awesome! Cheap & a great source of protein.*



**Make Your Goal EVERY DAY!**

- 5** **Fruits & vegetables** - more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.
- 2** **Cut screen time** to 2 hours or less a day (TV, computers & video games). No screen time for kids under 2.
- 1** **Be physically active** at least 1 hour every day.
- 0** **No soda or sugar-sweetened sports or fruit drinks**. Instead, drink more water and non-fat or 1% milk.

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# 2

# Watch Less Cut screen time to 2 hours or less (none for kids under 2)

## Get Started!

Television, video games, smart phones, and computers are now a part of all of our lives. They are entertaining and can help our children learn. But too much screen time, such as watching TV or playing electronic games, can be unhealthy.

Kids who spend a lot of time on these activities are more likely to have health problems like unhealthy weight gain or sleep and behavioral problems. The American Academy of Pediatrics recommends that kids under 2 have **no** screen time.

*"Screen Time" - make 2 hours your daily maximum!*  
Screen time is time spent looking at an electronic screen, such as:

- TV
- Video games
- Computers
- Smart phones

### Turn on the Fun!

Which of these activities would your family enjoy?

#### Some Indoor Alternatives to Screen Time

- Dance to your favorite music... and let the Kids DJ.
- Build a fort.
- Keep a balloon in the air as long as you can.
- Create a family art project.
- Visit the library.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Video Games that get you MOVING!

*If your family really likes video games, try those that make you move such as Dance Dance Revolution, Wii Fit, Kinect Sports, Just Dance, or Guitar Hero.*

#### Some Outdoor Alternatives to Screen Time

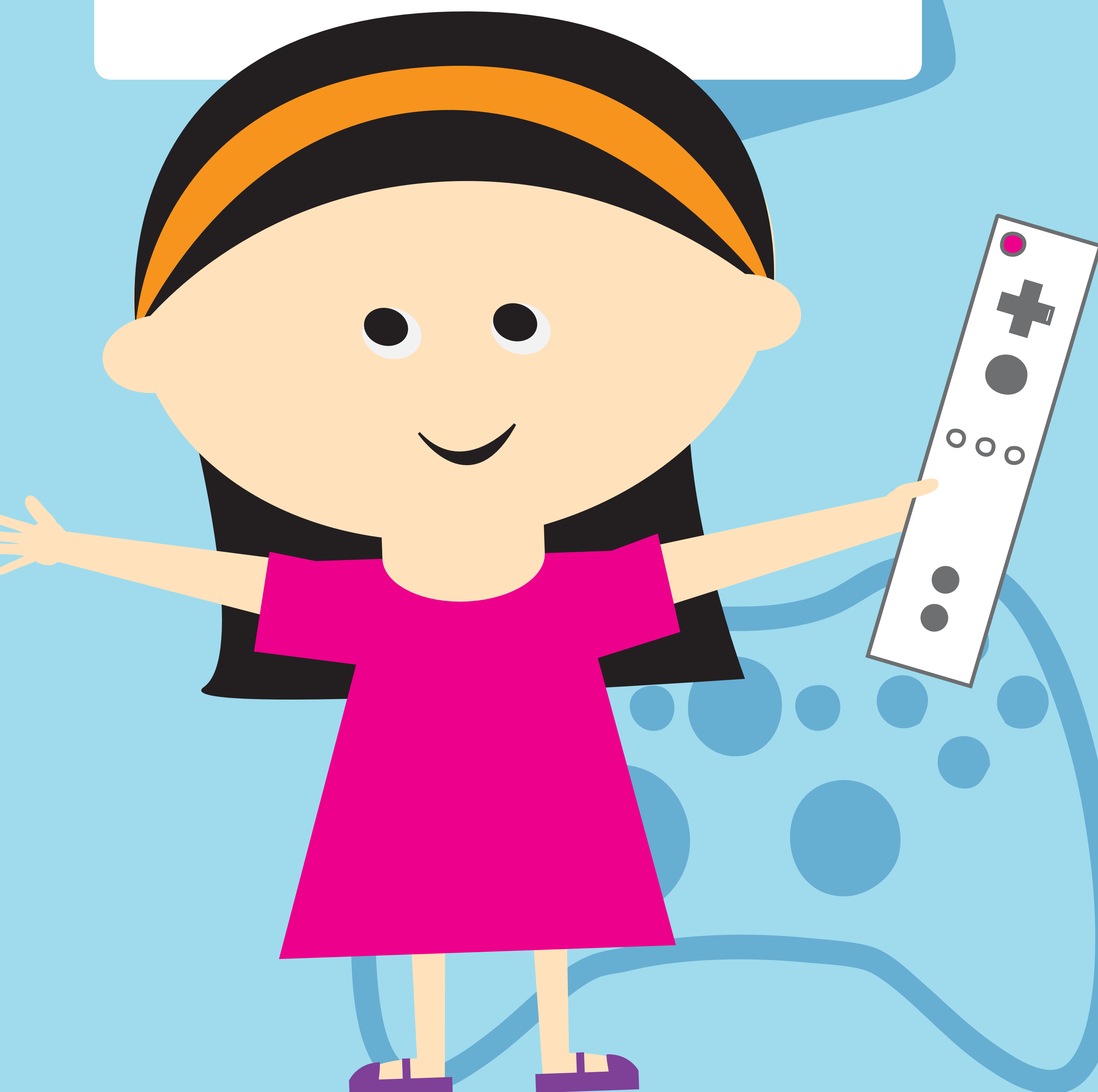
- Take a walk with your family.
- Go to the beach.
- Ride your bike to the nearest playground or library.
- Play catch with friends and/or family.
- See how many jumping jacks you can do.
- \_\_\_\_\_
- \_\_\_\_\_

### Did you know?

- Screen time includes TV, computer, Playstation, and Gameboy. It's important to limit all of these activities.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.

### Ideas for healthy screen time:

- No TV/computer in the room the child sleeps in
- Under the age of 2: NO TV/computer time at all
- Between ages 2 and 5: one hour of educational TV/ computer time
- After age 5: two or fewer hours of TV/computer time



## Tips for the Family

- **Set limits** on screen time for the whole family. Stick with the limits.
- Be a **role model** – if your kids see you following the rules, they'll be more likely to follow.
- Turn off the TV during mealtime.
- Keep the TV, computers, and videos out of the kids' bedrooms.
- Make one day a week a **"Turn Off the TV Day"** in your home and do something else with the kids – read a book or take a walk.
- Encourage your kids to read. Share the joy of reading aloud to the kids.

## Make Your Goal EVERY DAY!

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**1** **Be physically active** at least 1 hour every day.

**0** **No soda or sugar-sweetened sports or fruit drinks.** Instead, drink more water and non-fat or 1% milk.

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# Move More Be physically active at least 1 hour every day

## Get Started!

Kids need about an hour of physical activity every day to help them stay healthy. Physical activity helps decrease stress, improve sleep, and increase energy. It makes bones and muscles stronger and helps kids feel good about themselves.



**Active Thinking**

- What is your favorite local park? When did you last visit with your family?
- Does your neighborhood have a rec center? Have you visited?
- Active play gets the heart pumping fast! On most days, how many minutes does your child spend in active play?
- How do you feel after exercise? Draw how you feel after exercise or active play.

## Tips for the Family

- If you can, **walk or bike** to your destination.
- Get off the bus a stop or two early and walk the rest of the distance.
- Park at the end of the parking lot.
- **Take the stairs** whenever possible.
- Get the whole family involved in an activity.
- **Train with your family** for a community walking or running event.
- Track your level of physical activity using a pedometer.
- Keep physical activity **fun!**

## Tips to Make it Easier

- Choose how you get your hour of physical activity... you can break up the time throughout the day or put in an hour at the beginning or end of your day.
- Incorporate physical activity into your daily routines.
- Make gradual changes to increase your level of physical activity.



## Q&A

**Q:** My kids hate the idea of "exercise." How can I change their attitude and get them to be more physically active?

**A:** I can understand where your kids are coming from – many people are turned off by the thought of "exercise" because they picture time spent being bored or sweaty. I suggest you strike "exercise" from your vocabulary and talk about physical activity in terms of "fun" and "play" instead. Adults and kids alike are more eager to get moving when it's enjoyable. Playing with your kids can be the best exercise of all!

Encourage your kids to do activities they love most and to do something fun on a daily basis. Riding a bike, tossing a Frisbee, or jumping rope are fun and good for them, too. Make sure you get into the act! Lead them on a nature walk around the neighborhood to identify plants and birds or just to talk about their day. Romp with them in the backyard or turn on some old rock-n-roll and teach them the Twist. Remember to let kids pick things they like to do. Soon they'll ask you to remember to schedule the next "play date!"

SOURCE: Kidnetic.com

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# Cut Down No soda or sugar-sweetened sports or fruit drinks

## Get Started!

Sweetened drinks such as soda, fruit drinks and punch, sweetened ice tea, sports drinks, and energy drinks contain a lot of added sugar. The added sugar can be cane sugar, corn syrup, sucrose, fructose, honey, and others. Too many sugar-sweetened drinks can lead to unhealthy problems. These include unwanted weight gain and cavities.

Try to avoid sugar-sweetened drinks. Buy, serve, and drink water and low-fat (1%) or non-fat (0%) milk instead. Low-fat and non-fat milk are as nutritious as whole milk, but without the fat and calories.

Water has no calories and is the best drink when you're thirsty.



### Quiz Time!

- Which type of milk is recommended for kids over 2 years?
  - Whole milk
  - 2% milk
  - 1% or non-fat milk
- What are the best drinks for kids?
  - Water and 1% or non-fat milk
  - Soda, fruit drinks/punch, & sweet tea
  - Sports drinks & energy drinks
- Drinking sugary drinks can lead to tooth decay.
  - True
  - False

Answers: 1. C 2. A 3. A

### What's your choice?

- Sweet tea, fruit punch, soda, sports drinks, and energy drinks all have about 100 calories per cup from sugar.
- 1 cup of non-fat milk has only 80 calories and lots of protein, vitamins, and minerals that help build healthy bodies.

### Tips for the Family

- For a quick, easy, and inexpensive thirst-quencher, **carry a water bottle** and fill it throughout the day.
- Don't stock your fridge with sugar-sweetened beverages. Instead, **keep cold water in the fridge** in a jug or bottles.
- **Serve water with meals.**
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Be a role model** for your friends and family by choosing healthy, low-calorie beverages.

### Put limits on juice!

- Juice products labeled "-ade," "drink" or "punch" often contain 5% juice or less.
- If you do choose fruit juice, make sure it is 100% juice.
- Make changes slowly by adding water to your child's juice.
- Suggest a glass of water or non-fat milk instead of juice.

### Did you know?



**Energy drinks**, like Red Bull and SuperStar, have very high amounts of caffeine and other ingredients that can cause health problems for growing children and adolescents.

One energy drink may have as much caffeine as 5 cups of coffee or 14 cans of soda.

**Children should not have these drinks.**

### Other words for sugar:

Fructose, dextrose, corn syrup, honey, maltose, glucose, sucrose, molasses



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