
Lifestyle Messages

1. Choose water. Eliminate sugary drinks [1-5].
 - Drink water between meals.
 - Drink low-fat plain milk (or calcium fortified alternative) with meals.
 - Replace fruit juice with whole pieces of fruit [5, 6].
 - Sugary drinks (SSB) are the primary source of added sugars in youth [7].
 - Drinking one 8-ounce serving of SSB daily increases risk of obesity by 60% [8].

Education materials: Sugary Drinks

Make better beverage choices	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet19MakeBetterBeverageChoices_0.pdf
Make better beverage choices (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet19MakeBetterBeverageChoices-sp.pdf
Rethink your drink label examples	http://www.kickthecan.info/sites/default/files/documents/WIC-RethinkYourDrink-BeverageCards.pdf

2. Include fruits and vegetables with meals and snacks [1-5].
 - Make half the plate colorful with fruits and vegetables (www.choosemyplate.gov).
 - Offer fruit and/or vegetables as part of snacks.
 - Youth require ongoing, repeated exposure to eventually increase acceptability of new foods [3]. Continue to serve fruits and vegetables with meals and snacks regardless of if youth eats them.
 - Involve youth in preparation of meals to increase acceptability of fruits and vegetables [9, 10].

Table 1: Fruit and vegetable recommendations by age and gender

	Age	Fruits	Vegetables
Girls	2-3	1 cup	1 cup
	4-8	1 cup	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	1 ½ cups	2 ½ cups
Boys	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups

**Adapted from fruitsandveggiesmorematters.org*

Education materials: Fruit and Vegetables

20 Ways to Enjoy More Fruits and Vegetables	http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20waystoenjoymorefruitsandvegetables.ashx
20 Ways to Enjoy More Fruits and Vegetables (Spanish)	https://www.eatright.org/-/media/eatright-files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20manerasdedisfrutarmasfrutasvegetalesgranosintergralesyproductislacteos.pdf?la=en&hash=CD750ABA943C65093F1FF8F5A24F029586D61BAC
Kid-friendly veggies and fruits (English)	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf
Kid-friendly veggies and fruits (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits-sp.pdf

Education materials: Picky Eating

Healthy tips for picky eaters	https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/HealthyTipsforPickyEaters_031418_508.pdf
Healthy tips for picky eaters (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/FNS-455S%20HealthyTipsforPickyEaters_022613.pdf
Phrases that help and hinder	https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/PhrasesThatHelpAndHinder.pdf

3. Aim for 60 minutes of physical activity per day [1-5, 11].
 - Children are naturally active in an intermittent way as in unstructured active play.
 - Encourage free play games that include running, hopping, skipping and jumping.
 - Gradually increase in number of days and time spent.
 - Physical activity accumulated in bouts of at least 10 minutes can improve a variety of health-related outcomes, however any amount of physical activity has some health benefits [11].
 - Physical activity can improve cognition, bone health, fitness and heart health for youth. It can also reduce risk for depression [11].

Education materials: Physical Activity

Be an active family	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily.pdf
Be an active family (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily-sp.pdf
Parent tips: Be active and have fun	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_physical_activity.pdf
Parent tips: Be active and have fun (Spanish)	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/la-actividad.pdf

4. Limit leisure screen time to 2 hours or less per day [1-5].

- Avoid TVs and other screens in bedrooms [4].
- Set limits and track screen time.

Education materials: Screen Time

Parent tips: Reduce screen time and move more	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduce-screen-time.pdf
Parent tips: Reduce screen time and move more (Spanish)	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduzca.pdf
Parent tips: Screen time chart	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf
Parent tips: Screen time chart (Spanish)	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduzca.pdf

5. Eat at home. Eat meals together [1, 12-15].

- Aim to eat almost all meals at home [5].
- Research consistently shows a positive association between the frequency of family meals and lower youth BMI and higher diet quality [14, 16, 17].
- Frequency of family meals is positively associated with intakes of fruits, vegetables, grains and calcium-rich food and negatively associated with soft drink intake [15].

Education materials: Meal Planning

Healthy Eating on a Budget Cookbook	https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyEatingonaBudgetCookbook.pdf
Recipes and Tips for Healthy, Thrifty Meals	https://www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf
Meeting Your My Plate Goals on a Budget	https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/MeetingYourMyPlateGoalsOnABudget.pdf
Delicious Heart Healthy Latino Recipes (Spanish)	https://www.nhlbi.nih.gov/files/docs/public/heart/sp_recip.pdf

Healthy, Affordable Latin Cooking (Spanish)	https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/CocinaLatinaSaludableRicayEconomica.pdf
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6. Balanced plate, portion control [1-5].

- Aim for ½ plate non-starchy vegetables, ¼ plate lean protein, ¼ plate whole grains or starchy vegetables.
- Avoid restrictive feeding practices. “Parent provides, child decides.” [18-20].

Table 2: Parent Provides, Child Decides

Parent Responsibility	Youth Responsibility
<ul style="list-style-type: none"> • Offer structured meal and snack times (no grazing between) • Offer balanced meals and healthy snacks 	<ul style="list-style-type: none"> • Self-regulate fullness • What (of the food offered) to eat

TABLE 1 Feeding Guide for Children

Food	Age				Comments	
	2 to 3 Years (1000–1400 kcal)	4 to 6 Years (1200–1800 kcal)	7 to 12 Years (1400–2000 kcal)			
	Portion Size	Daily Amounts	Portion Size	Daily Amounts		
Low-fat milk and dairy	1/2 cup (4 oz)	2-1/2 cups	1/2–3/4 cup (4–6 oz)	2-1/2–3 cups	2-1/2–3 cups	The following may be substituted for 1/2 cup fluid milk: 1/2 oz natural cheese, 1 oz processed cheese, 1/2 cup low-fat yogurt, 2-1/2 T nonfat dry milk.
Meat, fish, poultry, or equivalent	1–2 oz (2–3 T)	2–4 oz	1–2 oz (4–6 T)	3–5 oz	2 oz	The following may be substituted for 1 oz meat, fish, or poultry: 1 egg, 1 T peanut butter, 1/4 cup cooked beans or peas.
Vegetables and fruits						
Vegetables						
Cooked	2–3 T	1-1/2 cups	4–6 T	1-1/2–2-1/2 cups	1/4–1/2 cup	Include dark-green (1 cup/week) and orange vegetables (3 cups/week) for vitamin A, such as carrots, spinach, broccoli, winter squash, or greens.
Raw ^a	Few pieces	Few pieces			Several pieces	Limit starchy vegetables (potatoes) to 3-1/2 cups weekly.
Fruits						
Raw	1/2–1 small fruit	1-1/2 cups	1/2–1 small fruit)	1–1-1/2 cups	1 medium fruit	Include 1 vitamin C-rich fruit, vegetable, or juice, such as citrus juices, orange, grapefruit, strawberries, melon, tomato, or broccoli.
Canned	2–3 T		4–6 T		1/4–1/2 cup	
Juice	3–4 oz		4 oz		4 oz	
Grain products						
Whole-grain or enriched bread	1/2–1 slice	3–5 oz	1 slice	4–6 oz	1 slice	The following may be substituted for 1 slice of bread: 1/2 cup spaghetti, macaroni, noodles, or rice; 5 saltines; 1/2 English muffin or bagel; 1 tortilla; corn grits; or <i>posole</i> . Make one-half of grain intake whole grains.
Cooked cereal	1/4–1/2 cup	1-1/2–2-1/2 oz	1/2 cup		1/2–1 cup	
Dry cereal	1/2–1 cup	Whole-grain	1 cup		1 cup	
Oils		4 tsp		4–5 tsp		Choose soft margarines. Avoid trans fats. Use liquid vegetable oils rather than solid fats.

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^a Do not give to young children until they can chew well.

Education materials: Portions

Healthy Eating for Preschoolers 2-5yo	https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/FNS-451%20Healthy%20Eating%20for%20Preschooler_Dec2016_508.pdf
Healthy Eating for Preschoolers 2-5yo (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HealthyEatingForPreschoolers-MiniPoster-spanish.pdf
Go, Slow, Whoa	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf
Go, Slow, Whoa (Spanish)	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa-sp.pdf
Plate Method	https://www.cdc.gov/diabetes/pdfs/library/features/Diabetes_Food_Plate.pdf
Plate Method (Spanish)	https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/Mini-Poster_Spanish_508.pdf

7. Choose healthy snacks.

- Provide healthy snack options that are highly visible and easily accessible (cut up fresh fruits and vegetables).
- Avoid having junk food available in the house. These foods compete with healthy choices and it is normal for youth to choose the less healthy option if it is available.
- Parent provides structured snack times.
 - No grazing between meals and scheduled snacks.
- Eat snacks at a table without TV or other devices.

Education materials: Healthy Snacks

25 Healthy Snacks for Kids	http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/25healthysnackskids.ashx
Parent tips: Healthy Snacks	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/hundredcalories.pdf
Parent tips: Healthy Snacks (Spanish)	https://www.nhlbi.nih.gov/health/educational/wecan/downloads/hundredcalories-sp.pdf

8. Eat breakfast. Eat three meals per day.

- Skipping meals, especially breakfast, is associated with obesity [1].
- Eating breakfast is linked to improved academic performance in youth [21].

Education materials: Breakfast

Power Up with Breakfast	https://www.eatrightpro.org/-/media/eatright-files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/powerupwithbreakfast2017.pdf?la=en&hash=160F4C22AE6909A8DB07A0AD86722C3F4F28A1B1
Power Up with Breakfast (Spanish)	https://www.eatright.org/-/media/files/eatrightdocuments/nnm/eldesayunodalaenergianecesariaparaempezareldia.pdf?la=en&hash=592822DF58753DC74FC7DB3620FE46F8ECFD2CD2

9. Get enough sleep [1, 4, 5].

- Obesity is associated with shorter sleep duration [22, 23].
- Remove screens/media from bedrooms.

Table 3: Sleep Requirements by Age [24]

Age	Sleep requirements, including naps (hours)
4-12 months	12-16
1-2 years	11-14
3-5 years	10-13
6-12 years	9-12
13-18 years	8-10

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