

THINGS TO DO TOGETHER



■ Go food shopping with your child. Choose 2 or 3 new fruits or vegetables from the Fruits and Vegetables newsletter. Be positive! Let your child find his or her own favorites. Try not to say bad things about fruits or vegetables you don't like. Keep your child's favorites close by to eat as snacks.

■ Review the section on fast foods in the Carbohydrates newsletter with your child. Take him or her to a fast food restaurant. Talk about the choices before ordering. Let your child choose his or her items, but warn against any "oversize" choices. Be sure to praise your child for all healthy choices.



■ Cook with your kids! It's a great way to spend time together. And it can help your kids learn about new, healthy foods.

An adult should ALWAYS oversee any part of cooking that uses the oven, stove or microwave OR knives and sharp objects. Look at the Dairy newsletter for some fun recipes to try.

■ Look at the Healthy K.I.D.S. newsletters for more things to do together with your child.



THINGS TO EXPLORE

■ Go to your local library to find out more about healthy eating and fitness. Check out books and magazines — you can even use the internet. Look at the Bookshelf section of the Healthy K.I.D.S. newsletters for some great books.

■ The President's Council on Physical Fitness and Sports has great ways to help kids learn about fitness. (202) 690-9000. www.fitness.gov

■ The Federal Citizen Information Center has free brochures on healthy eating and exercise. To request a catalog: 1-888-878-3256. www.pueblo.gsa.gov — look under Food and Health

■ Nutrition.gov is a website from the US government with all the latest facts on healthy eating. www.nutrition.gov

■ VERB is a website from the Centers for Disease Control to help people be more active. www.verbnow.com



The Children's Health Fund
215 West 125th Street, 3rd Floor
New York, NY 10027
212-535-9400 ★ www.childrenshealthfund.org

Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.

English and Spanish materials were created by clinicians of The Children's Health Fund's National Network.

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MetLife Foundation is the Founding Supporter of Healthy K.I.D.S.
Additional generous support is being provided by **Bristol-Myers Squibb Foundation**.



Healthy K.I.D.S. A Parent's Guide



This guide will help you use the Healthy K.I.D.S. newsletters to talk to your child about eating healthy foods and being active.

THE BIG PICTURE

- Foods are divided into four groups. Eating from each group helps your family get what they need to stay healthy. You can use the Healthy K.I.D.S. newsletters to teach your children about the food groups: carbohydrates, fruits and vegetables, dairy and protein.
- What you drink is almost as important as what you eat! Help your family choose healthy drinks like milk, 100% juice and water.
- Being active helps your family stay fit and can even keep them from getting sick. Getting exercise will help your bodies and minds stay strong.

GOALS

- To help your family stay strong by eating healthy foods and being active. This will help your children learn good eating and fitness habits and grow into healthy adults.
- To teach your child about the four food groups and how to choose healthy foods from each of them.
- To teach your child why exercise is important and how he or she can be more active.



HELPFUL HINTS

- Read the Healthy K.I.D.S. newsletters with your child.
- Be a good example! Show your kids how to make good decisions by eating healthy foods and staying active.
- Make it easy for your family to eat healthy foods. Keep healthy snacks and drinks for your family to try.
- Talk with your kids about serving sizes, second helpings and favorites that may be high in calories. With your child, pick one or two changes you want to make for your family.
- Talk with your kids about what their friends eat or drink. They may feel pushed to eat unhealthy foods. Kids don't have to eat junk food to be cool.
- Dieting is usually not a good idea for growing children. Talk with your child's healthcare provider if your child wants to lose weight.

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Issue 1 — Carbohydrates

Food Group — Carbohydrates (carbs)

■ Carbohydrates give your body and brain energy. There are two different kinds of carbs. Bread, rice, pasta and cereal are complex carbs. Soda, fruit drinks, candy and sweets are simple carbs. Choose mostly complex carbs to get vitamins, minerals and long lasting energy.



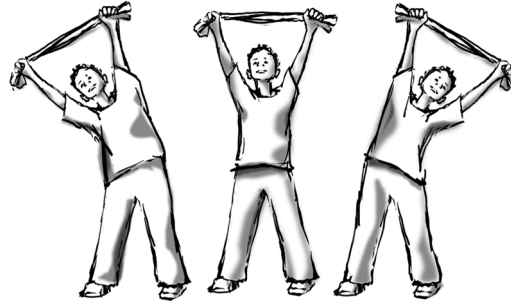
Liquid Lookout — Soda

■ Sodas have lots of sugar and no vitamins or minerals. Drinking too much soda can lead to problems with teeth and weight gain.



Move Your Body — Warming Up

■ Warming up helps the body get ready to exercise. Stretch out muscles before exercise to make it less likely that you or your family will get hurt!



Issue 2 — Fruits and Vegetables

Food Group — Fruits and Vegetables

★ Fruits and vegetables taste great and have lots of vitamins and minerals. Use different colors of fruits and vegetables at every meal to be sure your family gets the vitamins and minerals they need. They make great snacks, too!



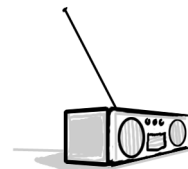
Liquid Lookout — Juice

★ Lots of juice drinks are mostly sugar and water. Try to drink only juices that say 100% juice on the label.



Move Your Body —

★ There are lots of different ways kids and families can be more active. For example, take the stairs or walk whenever you can — or play active games instead of watching TV. For more ideas, look at the activity pyramid in the newsletter.



Issue 3 — Dairy

Food Group — Dairy

🌀 Dairy foods (like milk, yogurt and cheese) are a great way to get calcium for strong bones and teeth and protein for healthy muscles.



Liquid Lookout — Milk

🌀 Low-fat (skim or 1%) milk is the best choice for kids over 2 years of age. It has all the vitamins and minerals and a lot less fat than whole or 2% milk.



Move Your Body — Active Games

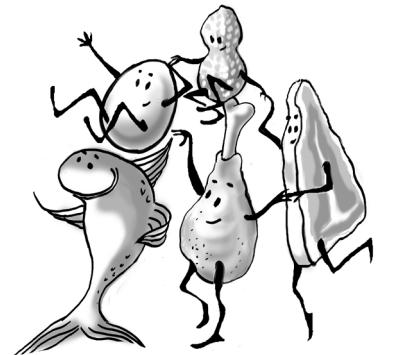
🌀 Sometimes it can be hard to keep kids active indoors. Try having your kids do jumping jacks or sit-ups during commercials — or turn on some music and dance. Check out the newsletter for more game ideas.



Issue 4 — Protein

Food Group — Protein

■ Meat, turkey, fish and chicken are great protein foods. Some plant foods like beans, nuts and seeds have lots of protein, too. Protein foods help to build muscles, skin and bones and have iron for healthy blood.



Liquid Lookout — Water

■ Getting enough water is important to keep your body working. Try making water the main drink in your house. To help your kids drink more water, try giving them a water bottle to carry with them. At home, keep water cold in the refrigerator.



Move Your Body — Exercise Game

■ Exercise doesn't have to be boring! Simple games that can be played indoors or outdoors are a great way to get your kids moving. Try out the Run For It! Exercise Game with your kids.

