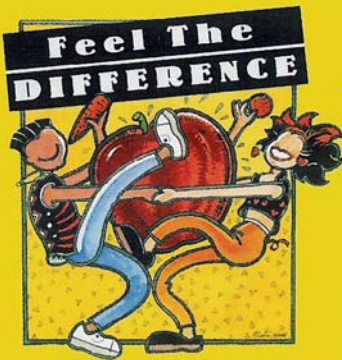


Nutrition Wellness Program**Ten Tips for Parents**Promoting Healthy Eating & Physical Activity Habits for your Family

1. Stock your kitchen with wholesome foods for snacks and meals like fresh fruits and vegetables, nuts, lean meats like chicken and fish, dried beans and peas, whole grain breads and cereals, and low fat dairy products (children, 2 and older, need milk for calcium but do not need the calories from fat).
2. Boil, bake or broil food instead of frying. Shortening, butter, margarine, and salad dressing are examples of foods high in fat, so be frugal in their use.
3. Instead of purchasing sodas or fruit "drinks" which are full of added sugar, look for 100% fruit juice. Juice consumption should not exceed 12 oz. per day.
4. Replace high-fat snacks and fast foods like cakes, chips, hamburgers and ice cream with more nutritious choices like dried fruits, cut up fresh fruits and vegetables, pretzels, light popcorn, baked chips and low fat yogurt.
5. Encourage all forms of enjoyable physical activity. Children will be more active if you limit screen time ... videos, TV and video games.
6. Breakfast is important! Students perform better both mentally and physically when fueled with a nourishing breakfast! Label snacks to identify as separate from lunch.
7. Eat at least 5 to 9 servings of fruits and vegetables for snacks and with meals.
8. Eat at least one stress-free meal with family
9. Set goals for good health, NOT WEIGHT! Healthy food in balance with physical activity ensures that the body will maintain a naturally healthy weight.
10. Be a role model for your children. Establishing healthy habits starts with you.



**Eat Healthy!
Be Active!**

7 HEALTHY HABITS FOR EVERYBODY

Feast on Fruits
& Vegetables

Move it! Improve it!
Be Active

Supercharge Your Day!
Eat Breakfast

Be Fiber Fit! Eat Beans
& Whole Grains

Lighten Up on Sugar,
Salt & Fat

Quench Your Thirst
with Water

Power Up - Follow
the Food Pyramid