

Helping Your Child to Be Healthy & Safe

PARENTING GUIDE



**Healthy[®]
Lifestyle
Choices**

Helping kids make the most out of life

www.HLOnline.org

We can't be with our children every moment of every day. Now, more than ever, the outside influences on children's lives are tremendous. From peer pressure to television, music, the Internet and social media, our children live in a dynamic information society that shapes their attitudes, knowledge and emotions.

It is easy to feel challenged as a parent, but the fact is you are still the most important and constant influence in your child's life. We believe this guide contains useful parenting tips to help children make positive, healthy choices.

About Us

Healthy Lifestyle Choices (HLC) is a nonprofit organization working to give children the knowledge and skills they need to reduce risk behaviors, including violence, substance abuse, accidental injury, poor nutrition and lack of regular physical activity. The HLC Program includes a behavioral-health curriculum in grades Pre-K to 8, a curriculum for after-school and/or summer camp programs, webisodes and many other resources.

For more information about Healthy Lifestyle Choices, visit our website at www.HLCOnline.org or call 504.299.1966.





Nutrition & Exercise

One in three children and two in three adults in America are overweight or obese. Whatever the age of your child, it is important to know that what and how much they eat will contribute to their physical and mental development. The following tips are intended to help you make more nutritious choices for your child and family.

The 2010 Dietary Guidelines for Americans emphasize balancing calories with physical activity and encouraging Americans to eat healthier foods such as increasing consumption of vegetables, fruit, whole grains, fat-free and low-fat dairy products and seafood.

Here are some simple rules of thumb to help you make changes in your dietary habits:

- Nearly everyone can benefit by eating less and avoiding oversized portions.
- One half of your plate should contain fruits and vegetables, one quarter should be grains and one quarter should be a protein like meat, beans or fish.
- Switch to 1% or fat-free milk and use low-fat dairy products such as yogurt and cheese.
- Drink water instead of sugary drinks.
- Limit your intake of fast food, take-out food and eating out at restaurants.
- Eat breakfast every day.
- When preparing meat or fish, bake or broil instead of frying.

Foods with oils, solid fats and added sugars give your body excess energy that is stored as fat if it is not used. These foods should be eaten much less often and in smaller amounts than other foods. Foods that we should consume sparingly include butter, hydrogenated cooking oil, hot dogs, full-fat cheese and salad dressing, ice cream, sports drinks, candy and soda.

Another way to think about the foods that we should eat is to categorize them into two groups—Energy Foods and Growing Foods:

ENERGY FOODS

(fruits, vegetables & grains)

oranges
apples
grapes
pears
bananas
broccoli
carrots
spinach
cucumbers
whole-wheat pasta
whole-wheat bread
brown rice
unsweetened cereal
oatmeal

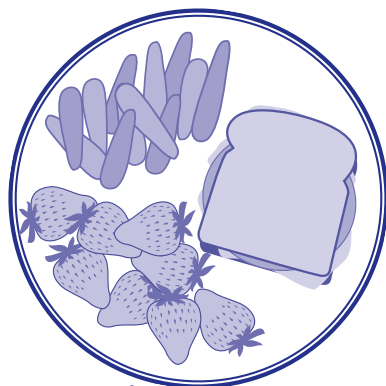
GROWING FOODS:

(protein and dairy)

1% or fat-free milk
tuna packed in water
seafood
baked turkey or chicken
low-fat yogurt
beans
low-fat cheese
broiled fish
eggs
lean pork or beef

So, **HOW MUCH** should you eat each day?

Your age, sex, height, weight and activity level are important in determining how much you should eat each day, or how many calories you should consume. If you have access to a computer, go to www.choosemyplate.gov and you will find a program that will help you determine the right number of calories and the types of foods you should eat to maintain your current weight or move toward a healthier weight.



The younger and more active you are, the more calories you need. As we age and

become less active, adults need fewer and fewer calories. Generally speaking, sedentary women should consume between 1,600 and 2,000 calories per day and sedentary men between 2,000 and 2,400 calories per day. Adults who are moderately active should consume between 1,800 and 2,200 calories per day for women, and 2,200 and 2,800 calories for men. Adults who are active could consume 2,000 to 2,400 calories for women and 2,400 to 3,000 calories for men. Again, these are very general guidelines and every individual is different.

A typical child age 6 - 11 who is active (meaning they get 60 minutes of physical activity a day), should eat the following every day:

- Grains = 6 ounces
- Vegetables = 2 ½ cups
- Fruit = 1 ½ cups
- Dairy = 3 cups
- Protein = 5 ounces

Nutrition Facts Labels

Another tool to help you pick healthier foods and control your caloric intake is the Nutrition Facts label, found on all packaged food goods. As you think about reducing the amount of food your family eats at each meal, it is important to look at the serving sizes recommended on containers. This can be found under Serving Size and Servings Per Container (❶). Next consider the calories in each serving. The

Nutrition Facts

Serving Size ½ cup (114g) ←❶
Servings Per Container 4

Amount Per Serving
Calories 90 Calories from Fat 30 ←❷

	% Daily Value*
Total Fat 3g	3 → 5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 80%	*	Vitamin C 60%
Calcium 4%	*	Iron 4%

*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	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 - Carbohydrate 4 - Protein 4

Calories (②) tell us how much energy our bodies will get from each serving of the food. The label also shows the % Daily Value (③) of nutrients our bodies need that are found in one serving of the food. As a guide, 5% or less is low, and 20% or more is high.

Balancing what we eat with physical activity

Energy in food is measured in calories. Some foods contain more calories than others. Likewise, energy used through different activities is also measured in calories. In order to maintain a healthy weight, we must balance the calories we eat with the calories we burn through daily activities. This is referred to as energy balance.

As you plan meals for your family, remember to consider portion sizes. ONE HALF of your plate should consist of fruits and vegetables, with only ONE QUARTER grains and ONE QUARTER meat, fish or beans. As you select your foods, also consider the number of calories your child and family members are taking in each day.

Think about this...a cup of macaroni and cheese is 250 calories. In order to use just these calories, your body would have to do one or more of the activities below for more than 30 minutes:

<u>Activities (done for 30 minutes)</u>	<u>Calories burned</u>
Bicycling (moderate pace)	172
Basketball (non-competitive)	129
Skating	162
Dancing (actively)	119
Jumping rope	194
Running (12 min/mile)	187
Walking (24 min/mile)	65
Watching TV	22
Touch football	172
Volleyball	97
Light swimming	86

It is recommended that children get at least 60 minutes or more of physical activity each day. Most of this activity should be aerobic activity that includes moderate and vigorous intensity activities such as brisk walking, running, basketball, football, soccer, skating, or bicycling at least 3 days per week. Their activity should also include things that strengthen muscles such as gymnastics, sit-ups or push-ups. Finally, they need bone-strengthening activities such as jumping rope, hopping, skipping or running as part of the activity mix.

Some of the things you can do as a family to be more physically active include:

- Going on family walks or scavenger hunts in your neighborhood
- Throwing a football or Frisbee
- Playing a game of tag
- Riding bikes together

Setting Goals

Children are never too young to practice setting and achieving goals. As your child talks about wanting to do something or learn something new, challenge them to achieve it by setting a goal. Now is also a great time to set a goal for good health. Help your child learn to set goals that are realistic and achievable. Explain that often one must set several short-term goals in order to achieve a long-term goal. Model effective goal-setting, by setting a health goal for your family. Some examples could include:

- Increasing physical activity as a family
- Increasing fruit and vegetable consumption
- Wearing seat belts EVERY time in a car
- Avoiding secondhand smoke



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