

7-10 years old

Fueling your thoughts

Do you eat breakfast every day?

Do you eat fruits and vegetables every day?

How many meals do you eat with your family each week?

How often do you eat fast foods?

What do you drink with meals?

How much physical activity do you get every day?

What activities do you do as a family?

What are your favorite activities?

How much time do you spend watching TV, playing on the computer and video games, or texting each day?

Nutrition Advice

- **Breakfast** ~ eating breakfast every day helps children to well in school and improves overall health.
- **Lunch** ~ Buying school meals can be nutritious and time saving; review school menus with your child and plan ahead. When packing lunches, it is important to include at least 4 out of 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).
- **Snacks** ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.
- **Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.
- **Eating Out** ~ Keep portion sizes small or share meals (don't "super-size").
 - Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
 - Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

Beverages ~ Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk.
 - Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Visit www.healthychildren.org for more information about caring for your child

Child's name _____

Date _____ HT _____

WT _____ BP _____

Be Active

- Be active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking or shoveling snow.

Safety

- Children should ride in high back booster seat using the car's seat belt until at least 8 years old and in a seat belt in the back seat until at least 12 years old.
- Bike helmets should always be worn when riding a bike to prevent life threatening head injury and brain damage.

Emergencies

- Before heading to the ER or urgent care, **call us first!** We have same day appointments including evenings and Saturday mornings. After hours, a doctor from our practice is always on call to discuss and help you manage your child's illness.

Parents

- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).**
 - Be a good role model for your kids- be physically active and eat healthy foods.
 - "Screen time" (computers, TV, gaming systems, texting, etc.) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
 - Screens may be monitored easily if moved to a common area; Keep them out of child's bedroom.
 - Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
 - If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.
- For more information: Visit www.mypyramid.gov



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics-Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

