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parent tips



Get Active

Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

- 1. Keep track** of how your family spends time for one week.
- 2. Start small.** Find two 30-minute time slots when your family can be active together after school or on the weekends.
- 3. Get going.** Try these great tips:
 - Walk your kids to school
 - Ride bikes after dinner
 - Play baseball
 - Jump rope
 - Shoot baskets
 - Dance
 - Walk the dog
 - Play tag
 - Rake leaves

To keep your family active this school year, visit the **We Can!** Get Active webpage at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/index.htm>.



Reduce Screen Time

Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips

Turn off the TV during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.

Limit screen time to two hours each day for children 2 or older.

Suggest playing outside after school and join in the fun.

Turn on some music and have a family dance party.

Be a good role model. If you reduce your screen time and move more, your kids will too!

Find more tips on how you can reduce your family's screen time, visit the **We Can!** Reduce Screen Time webpage at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/index.htm>.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing **healthy** snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with 2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice



Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers, unsalted
- 2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19

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Compare and Save: Eat Healthy, Spend Less

You and your family *can* eat healthy and spend less. Here are some examples of how healthy meals and snacks can save you calories and money.





Snack

A typical snack *might* look like this:

Food Item	Cost	Number of Calories
 Snack-size bag of chips (3 ounces)	\$0.99	465 calories
 Regular soda (20 ounces)	\$1.25	250 calories
Total cost = \$2.24		Total calories = 715

A healthy snack *might* look like this:

Food Item	Cost	Number of Calories
 1 low-fat yogurt (6 ounces)	\$0.50	140 calories
 Glass of water	free	0 calories
Total cost = \$0.50		Total calories = 140





(Note: Costs where you live might be slightly more or less than these examples.)

Lunch

A fast food lunch *might* look like this:

Food Item	Cost	Number of Calories
 Combo meal with: Quarter pound cheeseburger	\$5.59	510 calories
 Large fries	Extra charge \$0.70	380 calories
 Medium soda (32 ounces)	Included in combo price	210 calories
 1 chocolate chip cookie	\$1.00	160 calories
Total cost = \$7.29		Total calories = 1,260

A lunch from home *might* look like this:

Food Item	Cost	Number of Calories
 Turkey sandwich on whole-wheat bread with mustard, lettuce, and tomato	\$1.09	200 calories
 Water	free	0 calories
 Medium apple	\$0.65	70 calories
 1 large graham cracker square	\$0.28	59 calories
Total cost = \$2.02		Total calories = 329

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Eating a healthy snack just once a week could save you more than \$90 and almost 30,000 calories in a year.

Eating a lunch from home just 1 day each week could save you more than \$270 and 48,000 calories in a year.

If you eat a healthy lunch and snack from home every day for a year, you could save more than \$2,500 and almost 548,000 calories!



Love this? Find more about eating healthy, maintaining healthy weight and reducing screen time here
<https://www.nhlbi.nih.gov/health/educational/wecan/>



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Mejorar la Actividad y
Nutrición de los Niños