

Every Day Choose.



FRUITS & VEGGIES



HEALTHY MEALS



HOURS SCREEN TIME



HOUR MOVING



SUGARY DRINKS



5 servings of vegetables & fruits. Make them 1/2 your plate! They are packed with disease-fighting nutrients & fiber, help reduce obesity and will fill you up at meal & snack time.



3 healthy home-cooked meals and less fast food. Home-cooked meals typically contain less calories, fat, salt and sugar when you choose the ingredients and what's on the menu!



2 hours or less in front of a screen (TV, video games, recreational computer & device time). Even daily exercise is not enough to keep excess sitting from raising our risk for heart disease, type 2 diabetes and some cancers.



1 hour or more of physical activity. Healthy weights and overall health start with moving more, especially moderate to vigorous physical activity, the kind that gets the heart pumping faster.



Almost No sugar-sweetened beverages. Drink water first—water first for thirst! Next choose milk and limited amounts of 100% fruit juice.

Every Day Healthier Weights, Less Chronic Disease in **Delaware County!**
Choose to **5-3-2-1-Almost None** every day!

Every Day Choose.

5 servings of vegetables & fruits

Make them 1/2 your plate! They are packed with disease-fighting nutrients & fiber, help reduce obesity and will fill you up at meal & snack time.



Ideas to help you Choose 5 Every Day

- Cover 1/2 your plate at lunch & dinner with your favorite colorful vegetables & fruit. Choose one vegetable or fruit at every snack; choose different colors every day.
- Try a main dish salad for dinner or add a green side salad with shredded carrots & baby spinach to any lunch meal.
- At the grocery, let your children pick a new vegetable to try.
- For savings, load up on frozen veggies on sale.

Tips for Colorful Eating

- Keep cut-up carrot sticks, red and orange pepper strips, broccoli florets and sweet cherry or grape tomatoes in a see-through container in the refrigerator.
- Make a homemade rainbow pizza — add red, yellow or orange tomatoes, red, yellow or orange peppers, red or purple onion and purple baby eggplant.
- Make Fruit-sicles! — puree melon, peaches, or berries with 100 % real fruit juice and freeze in paper cups.
- Combine shredded green & red cabbage, grated carrots & finely chopped red & orange peppers — Confetti Coleslaw!
- Add blueberries, blackberries, raspberries or strawberries to a salad with spinach!
- Stir fry a vegetable rainbow using one of each color: red & yellow peppers, carrots, broccoli & purple onion!

Less than **50 Calories**  **IN A CUP**

- 1 cup watermelon pieces (46 calories)
- 1 cup bell peppers (30 calories)
- 1 cup carrots (45 calories)
- 1 cup cherry tomatoes (27 calories)
- 1 cup strawberry halves (45 calories)
- 1 cup spinach (7 calories)

Health & Body *Benefits*

- 
- Naturally low in calories and good sources of potassium, vitamin c, fiber & phyto-nutrients.
 - Naturally heart healthy without saturated or trans fats.
 - Naturally reduce risk for high blood pressure, coronary heart disease and stroke; may decrease cancer risk.

Every Day Choose.

3 healthy meals, less fast food

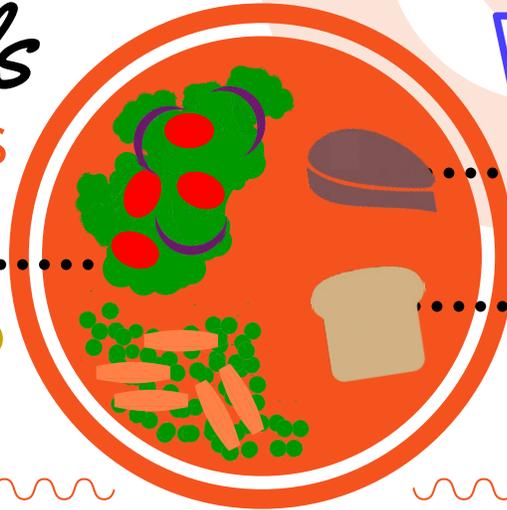
3 healthy home-cooked meals and less fast food.
Home-cooked meals typically contain less calories, fat, salt and sugar and more fiber when you choose the ingredients and what's on your home-cooked menu!

Healthy Meals Look like this

1/2 the plate
vegetables



Dessert is whole fruit
(fresh, frozen, canned in juice)!



Water first for thirst!



3 oz. of lean protein

1/4 of the plate or less
in starchy carbs
—100% whole grain

Sharpen Your Healthy Meal Plan & Prep Skills

- Plan ahead—meals for the week and lunches too!
- Use healthy recipes; approved by consumer reviews! Recipes that can share ingredients stretch food dollars farther!
- Save time—cook once on your day off! Make a fav large-batch recipe; freeze portions for the rest of the week.
- Make a shopping list and do your best to stick to it.
- Get fresh produce in season; frozen & canned are better buys the rest of the year.
- Portion & freeze bulk meats at sale prices.
- Buy local, if the price fits your budget!

Forget Fast Food

Fast foods have more fat, sugar & salt—and fewer vitamins, minerals & fiber. Single fast food items can contain days worth of calories, fat and salt!

Why eat less fast food?

- High calories in small portions can lead to obesity.
- Large amounts of unhealthy fats can lead to heart disease.
- High salt intake can lead to high blood pressure.
- Regularly eating large amounts of sugar can permanently affect blood sugar levels.

Can't avoid the Lane?



- Choose your meal at **500 calories** or less! Look for nutrition info posted online, on the menu or ask for a printed handout. It's out there!
- Try a "fries trade-off" — trade off with a side salad or fruit instead.
- Choose water and almost always skip the sugar-sweetened sodas and milkshakes.
- Supersizing may not cost much, but it adds lots of unhealthy fat, sugar and salt to your system. Skip it to keep your portions more normal.

Every Day Choose.

2 hours of screen time

2 hours or less in front of a screen (TV, video games, recreational computer & device time). Even daily exercise is not enough to keep excess sitting from raising our risk for heart disease, type 2 diabetes and some cancers.

Screen Time *Facts:*

For Children

Too much screen time is associated with a negative impact on academic performance and higher risk for obesity.

SOME SPEND MORE THAN **6** HOURS EVERY DAY SITTING IN FRONT OF SCREENS almost more than a full time job!

For Adults

For adults, new research shows that sitting has such negative health impacts that it can offset daily workouts!



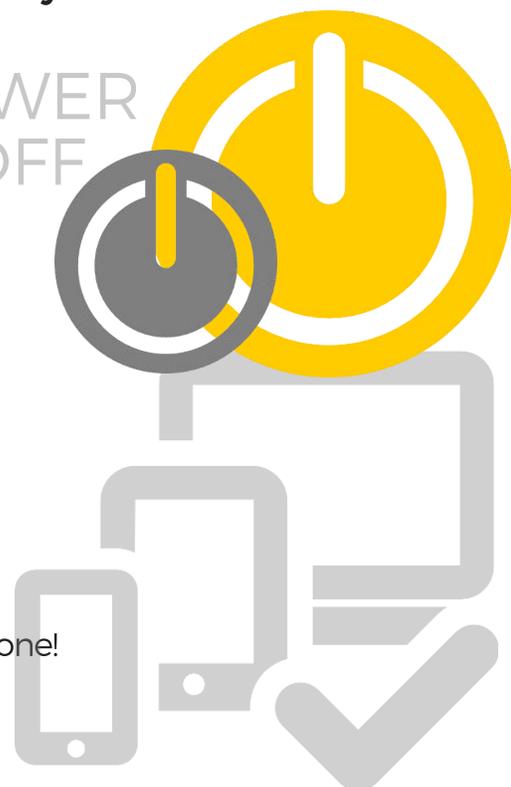
SITTING IS THE "NEW SMOKING"

experts now recommend moving two minutes every hour!

What can YOU do?

- Set healthy family ground rules for screen time!
Parents, be role models and limit your own device time!
- Create phone, tablet, TV & gaming device turn-off zones!
Especially at meal-times – talk and share instead.
- Don't watch TV just to watch TV!
Pick family must-have shows, then get up & move during commercials – walking, dancing & crunches are quick energizers!
- Support each other to stay committed to less sitting & less screen time every day!
Friendly competition with creative & fun prizes can motivate everyone!

POWER OFF



Every Day Choose. 1 hour to move more

Healthy weights and overall health start with moving more, especially moderate to vigorous physical activity, the kind that gets the heart pumping faster.



The Benefits:

- Improved mental focus
- Better stress management
- Decreased risk for illness
- Greater flexibility
- Builds muscle & lowers insulin – more calories burned!
- Healthier weights!

Making daily physical activity a **FUN** family priority!



Schedule FAMILY OUTDOOR FAVORITES

Family & Pet Walks



Yard Games



Bike Rides



Street Hockey



Sledding



Physical Activity Kids & School

Starting the school day with minutes of physical activity!

decreased elementary discipline referrals by

57%

and school nurse visits by

67%

+ Adding physical activity during the school day improved math & English grades & overall standardized test scores.

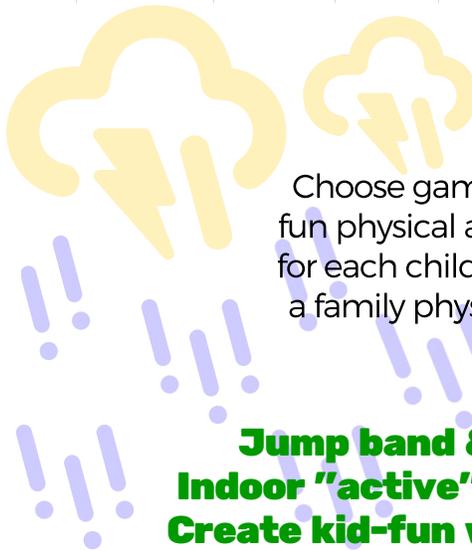


10 to 12

Indoor Ideas

Choose games & toys that promote fun physical activity for the kids. Plan for each child to take turns choosing a family physical activity each week!

- Dancing
- Walk-jog in place
- Jump band & foam ball games
- Indoor "active" scavenger hunts
- Create kid-fun work-out stations



Every Day Choose.

Almost No Sugary Drinks

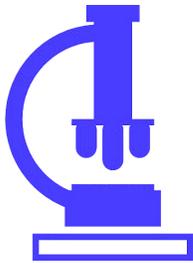
Almost None stands for almost no sugar-sweetened beverages. Drink water first for thirst! Next choose milk and limited amounts of 100% fruit juice.



What counts as a SUGAR-SWEETENED BEVERAGE?



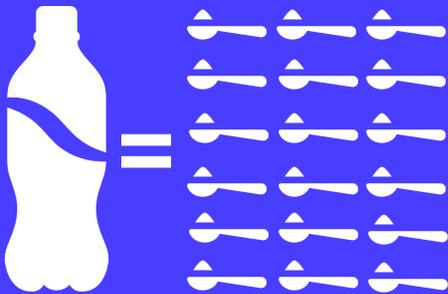
Soda pop, Gatorade[®], Powerade[®], lemonade, energy drinks, Kool-aide[®], fruit drinks, smoothies, flavored coffee & tea drinks, even some fruit juices



Science Speaks Facts Add up

- Sugar-sweetened beverages **increase** risk for obesity, diabetes & heart disease.
- For adults, 1-2 cans of soda a day increases the risk for Type 2 Diabetes by **26%**.
- For each 12 oz. soda, kids have a **60%** higher risk of becoming obese.
- Soda consumption has **doubled** for girls and **tripled** for boys since the 1980's.

A **20 OZ. BOTTLE** OF SODA
CONTAINS 18 TEASPOONS
OF **SUGAR**



IT TAKES **1 HOUR** OF BIKING TO
BURN OFF THE CALORIES FROM
A **20 OZ. BOTTLE** OF SODA



KIDS SPEND MORE OF
THEIR **MONEY** ON **CANDY**
& **SODA** THAN ON GAMES,
CLOTHES OR MUSIC



WATER FIRST *for thirst!*

- Change what you drink with meals and serve water or low-fat milk with breakfast, lunch, dinner & snacks.
- Limit even 100% fruit juice to 4 ounces per day; kids can develop unhealthy weights drinking greater amounts of juice than they need.
- Consider not bringing home sodas and sports drinks. If it's in the cupboard, the kids will drink it.