

# R<sub>x</sub> for Healthy Active Living

Name \_\_\_\_\_ Date \_\_\_\_\_

## Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

## My Goals (*choose one you would like to work on first*)

- Eat \_\_\_\_\_ fruits and vegetables each day.
- Get \_\_\_\_\_ minutes of physical activity each day.
- Reduce screen time to \_\_\_\_\_ minutes per day.
- Reduce number of sugared drinks to \_\_\_\_\_ per day.

\_\_\_\_\_  
Patient or Parent/Guardian signature

\_\_\_\_\_  
Doctor signature

From Your Doctor

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



## Health and Hypertension Resource Guide

Nice work on making the first step to take managing your health and getting your blood pressure under control! This guide includes a compilation of helpful handouts from a bunch of great resources and websites. They are organized into four different sections that focus on *Getting Fit*, *Eating Right*, *Drinking Right*, and *Eating Out*. Also, there are some tip sheets for your parents to take a look at and a journal that might be a helpful place for you to track your progress. Flip through these pages and reference as needed. If you are out and about and have access to the internet, you can also find these resources at: <http://www.hopkinschildrens.org/weight-loss-resources.aspx>.

We hope this is a helpful tool and wish you the best of luck!

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**JOHNS HOPKINS**  
CHILDREN'S CENTER

Getting Fit

# Being healthy is a BIG Deal!



Being healthy is a big deal. Eating healthy foods and being active are good for you and your family. Here are a few tips.

1. Eat breakfast every day! Breakfast gives you energy. It can help you at school and at play.
2. Eat healthy foods. Try fresh fruits like apples and oranges. Eat vegetables like broccoli and carrots.
3. Try not to eat too much fast food, like pizza and french fries.
4. Drink healthy drinks like water or milk. Try milk that is low in fat or fat-free. Try not to drink sugary drinks like soda.
5. Help your family shop for food. Ask if you can help fix a meal! Remind your family that it is important for everyone to eat healthy foods.
6. Get active! Turn off your TV. Take a break from video games.
7. Play outside with your family, friends, or your pet. Kick a soccer ball around or jump rope. Just get moving!
8. Talk to your family about being healthy and having fun.



Weight-control Information Network: 1 WIN Way, Bethesda, MD 20892-3665

TOLL-FREE NUMBER: 1-877-946-4627 EMAIL: [WIN@info.niddk.nih.gov](mailto:WIN@info.niddk.nih.gov) INTERNET: <http://www.win.niddk.nih.gov>

# Losing weight...

...it's about lowering your food intake and increasing your physical activity.



Recommendations:

How much?	How hard?	How often?*
<b>1 hour</b>	moderate-to-vigorous	every day
<b>1 hour</b>	vigorous	3 days a week

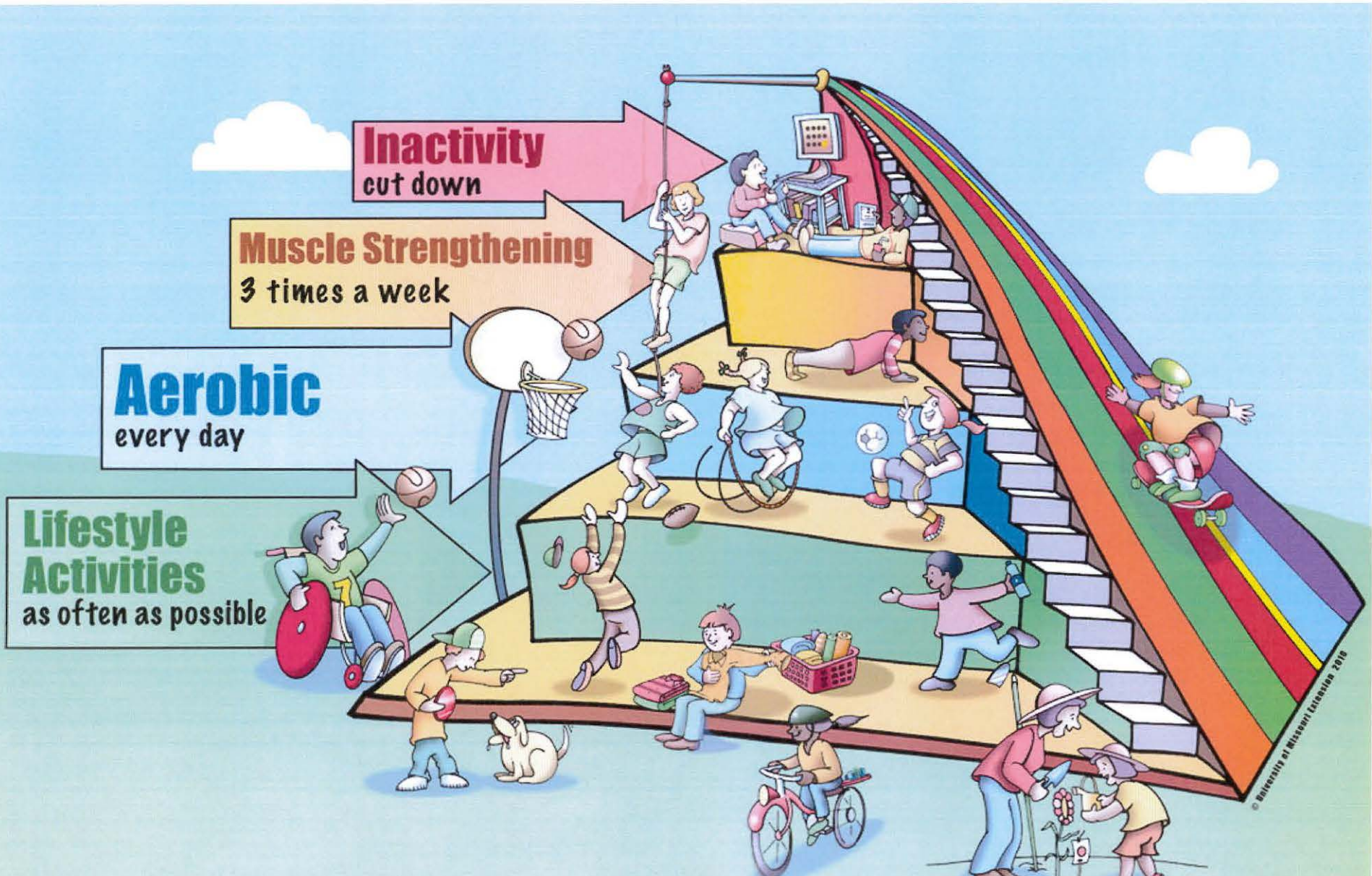
\*for children over 5

Incorporate physical activity:

- *Walking more is one of the best and easiest ways to increase your physical activity. Aim for 12,000 steps at day!*
  - Park far away and walk
  - Use stairs instead of an elevator/escalator
  - See the included handout "Take a Walk in Baltimore" for ideas of places and routes you can walk
- See handout "What is the Price of Fitness"
- Add more of the calorie burning activities below into your day

Activity	Calories Burned*	Time Needed
<b>Light Activity</b>		
Cleaning House	50	10 min
Office Work	50	10 min
Playing baseball	50	10 min
<b>Moderate Activity</b>		
Walking briskly (3.5 mph)	100	20 min
Gardening	100	20 min
Leisurely bicycling (5.5 mph)	80	10 min
Playing basketball	80	10 min
Shoveling snow	80	10 min
Walking stairs	80	10 min
Water aerobics	80	10 min
Swimming	100	10 min
Dancing fast	80	10 min
Yoga	100	20 min
<b>Vigorous Activity</b>		
Jogging (9 min/mile)	120	10 min
Playing football	120	10 min
Bicycling (12-14 mph)	100	10 min
Elliptical Trainer	100	9 min

\*The calories burned are based on a 150 pound person. If you weight more you will burn more calories, and if you weigh less you will burn less.



# MyActivity Pyramid

Be physically active at least 60 minutes, up to several hours every day.



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# MyActivity Pyramid

Be physically active 60 minutes, up to several hours every day.

Use these suggestions to help meet your goal:

Lifestyle Activities	Aerobic	Muscle Strengthening	Inactivity
As often as possible	Every day	3 times a week	Cut down
<ul style="list-style-type: none"> <li>• Play outside</li> <li>• Help with chores</li> <li>• Take the stairs</li> <li>• Pick up toys</li> <li>• Walk</li> </ul> 	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Skateboard</li> <li>• Tag</li> <li>• Ride your bike</li> <li>• Martial arts, like karate</li> <li>• Sports               <ul style="list-style-type: none"> <li>◦ Ice or field hockey</li> <li>◦ Basketball</li> <li>◦ Swimming</li> <li>◦ Tennis</li> <li>◦ Soccer</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li>• Tug-of-war</li> <li>• Rope climb</li> <li>• Pull-ups</li> <li>• Sit-ups</li> <li>• Push-ups</li> </ul> <p>Muscle-strengthening exercises help your bones get stronger so you can run and play.</p> 	<ul style="list-style-type: none"> <li>• Screen time (TV, computer, video games*)</li> <li>• Sitting longer than 60 minutes</li> </ul> <p>Instead of watching sports on TV, go outside and play a sport!</p> <p>* Video games that require physical activity may count toward your 60 minutes.</p> 

## Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

This publication is adapted from the USDA's MyPyramid and the 2008 Physical Activity Guidelines for Americans, chapter 3. Funded in part by USDA SNAP. Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp). For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.



# Take a Walk in Baltimore

Location	Details	One-way (miles)	Roundtrip (miles)
Basketball court	Walk around the perimeter		228 feet
1 Baltimore City Block	Walk 15 blocks for 1 mile		~350 feet
Football field	Walk around the perimeter		0.2
Patterson Park Lake	Walk around the perimeter		0.4
Mile of football field	Walk around the football field 5 times		1
Harbor to Harbor	National Aquarium at Inner Harbor to Harbor East roundabout	0.5	1
Towson Mall	One end of the mall to the other (Macy's to PF Chang's)	~0.5	1
Druid Lake	In Druid Hill Park, walk around the perimeter		1.4
Lake Montebello	Hillen Road and 32 <sup>nd</sup> Street, walk perimeter		1.4
JHU Homewood	Baltimore Art Museum to Lacrosse Field	0.9	1.8
St. Paul Walk #1	Washington Monument to Inner Harbor (can also take Charm City Circulator back)	0.9	1.8
Inner Harbor	Barnes & Noble to Federal Hill Park	1	2
Harbor to Point	National Aquarium at Inner Harbor to Fell's Point (Maggie Moo's ice cream shop) (can also take Charm City Circulator back)	1.1	2.2
Herring Run Trail	Starting at Harford Rd, to Hwy 1 (free parking)	1.25	2.5
St. Paul Walk #2	Penn Station to Inner Harbor (can also take Charm City Circulator back)	1.6	3.2

## Other ideas:

- Try a different walk each week
- Use an app to track your walking distance
- Use a map of Baltimore (or Google maps) to highlight streets you've walked

For the pedometer...

Mile	Feet
1	5280
0.5	2640

Other great places to take a walk...

### Outdoor

Druid Park  
Patterson Park  
Oregon Ridge  
Cromwell Park  
Around your neighborhood  
School track or football field

### Indoor

Baltimore Art Museum (free)  
Walters Art Museum (free)  
Any other museum  
A local mall  
School gym

### Resources

Baltimore City Parks  
<http://www.baltimorecity.gov/Government/AgenciesDepartments/RecreationandParks/Parks.aspx>

Baltimore County Parks  
<http://www.baltimorecountymd.gov/agencies/recreation/countyparks/>

# What is the Price of Fitness?

	FREE	\$	\$\$\$
MILD	<ul style="list-style-type: none"> <li>• <b>Walk</b> outdoors at a local park, school track or football field</li> <li>• <b>Walk</b> indoors at school gym</li> <li>• <b>Walk</b> a dog or to visit a neighbor</li> <li>• Take the <b>stairs</b> instead of an elevator</li> <li>• <b>Park</b> farther from a store and <b>walk</b> in</li> </ul>	<ul style="list-style-type: none"> <li>• Purchase a <b>jump rope, Frisbee or hula hoop</b></li> </ul>	
MODERATE	<ul style="list-style-type: none"> <li>• Go on a <b>bike</b> ride around your neighborhood or on a bike trail</li> <li>• <b>Swim</b> in a local pool</li> <li>• 10-20 minute yoga/pilates <b>videos online</b> at <a href="http://www.hulu.com">www.hulu.com</a> (search Gaiam)</li> <li>• Do <b>jumping jacks, sit-ups, push-ups</b></li> <li>• <b>Walk</b> to a park, do <b>pull-ups</b> on a jungle gym</li> </ul>	<ul style="list-style-type: none"> <li>• Apply for a <b>Y membership</b> (\$17/mo for ages 18 and younger)               <ul style="list-style-type: none"> <li>• <b>swim</b> in indoor pool</li> <li>• <b>climb</b> rock wall</li> <li>• use <b>treadmill</b> or <b>elliptical</b></li> <li>• ask for a free personal training session</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Find a studio to take a <b>yoga, pilates</b> or <b>dance</b> class</li> <li>• Join a local gym               <ul style="list-style-type: none"> <li>• use <b>treadmill</b> or <b>elliptical</b></li> </ul> </li> </ul>
CHALLENGING	<ul style="list-style-type: none"> <li>• Join a <b>sports</b> team at school</li> <li>• Go for a <b>run</b> around your block, take a friend</li> <li>• Utilize the <b>free workout equipment</b> at parks like Lake Montebello or Druid Hill Lake, walk in between sets</li> <li>• Run <b>stairs</b> at a stadium</li> <li>• Play a <b>pick-up game</b> of football or basketball with friends</li> </ul>	<ul style="list-style-type: none"> <li>• Purchase a home <b>exercise DVD</b></li> <li>• Purchase Netflix Watch Instantly <a href="http://www.netflix.com">www.netflix.com</a> (\$7.99/mo) to view <b>exercise videos online</b> (Crunch series)</li> <li>• Apply for a Y membership               <ul style="list-style-type: none"> <li>• take <b>aerobics class</b> (free for members)</li> <li>• do <b>weight training</b> (personal trainers available and free first time)</li> <li>• take a <b>Zumba class</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Find a <b>personal trainer</b> at a gym</li> <li>• Join a local gym               <ul style="list-style-type: none"> <li>• take an <b>aerobics class</b></li> <li>• do <b>weight training</b></li> </ul> </li> <li>• Purchase <b>home fitness</b> equipment (free weights, strength bands, balance or exercise ball)</li> </ul>

Find the price that's right for you.

## Resources:

Y of Central Maryland

<http://ymaryland.org/membership/membership-types-rates>

Any child under the age of 18 – membership \$17/month

*Need based scholarships available*

Gym Locator

<http://www.gymlocator.com/>

Find an ACE (American Council of Exercise) Certified Personal Trainer

<http://www.acefitness.org/findanacepro/default.aspx>

Eating Right

# Heart Healthy Diet

High blood pressure can cause heart disease, which is one of the leading causes of death in the United States. By making changes to your lifestyle you can lower your blood pressure without medications. Diets rich in fruits, vegetables, grains and proteins low in saturated fat are effective in lowering blood pressure. Below are some suggestions on how to make your diet more Heart Healthy:

Food Category	Suggestions
<b>Fruits &amp; Vegetables</b> *Rich sources of potassium, fiber and magnesium	4 to 5 servings of fruit (1/2 cup of raw fruit) 4 to 5 servings of vegetables (1/2 cup cooked or 1 cup raw) Be sure to include a variety of colors every day (e.g. apple, orange, banana, kiwi, grapes, tomatoes, peppers, carrots)
<b>Dairy and Calcium Fortified Products</b> *Major sources of calcium and protein	2 to 3 servings a day Choose low fat or fat free versions (e.g. choose skim or soy milk or soy milk they have less saturated fat(s) than 2% or whole milk) Serving size = 8 oz milk, 1 cup yogurt, 1 ½ oz cheese
<b>Fats and Oils</b>	2 to 3 servings a day Eliminate trans fats (e.g. cookies, crackers) Decrease saturated fat (limit butter/high fat dairy) Use olive oil & canola oil when cooking Serving Size = 1 t margarine, 1 T low fat mayo, 2 t light dressing
<b>Meat/Fish/Poultry</b> *Rich sources of protein and magnesium	Replace red meats with poultry and fish Select lean cuts and trim fat, remove skin Limit red meat to 1-2 times a month Serving Size = 3 oz cooked meat, poultry, fish
<b>Grains/Legumes</b> *Major sources of energy and fiber	7-8 servings a day Use whole grains - they have more fiber, decrease cholesterol (e.g. whole wheat bread/pasta, cereal, grits, oatmeal, rice) Serving Size = 1 slice bread, 1 oz cereal, ½ cup cooked rice
<b>Nuts</b> *Rich sources of energy, protein, potassium, fiber, magnesium	4-5 servings per week (e.g. almonds, mixed nuts, unsalted peanuts, sunflower seeds) Serving Size = ½ cup/1½ oz nuts, ½ oz/2 tablespoons seeds
<b>Refined Sugars/Sweets</b>	Decrease soda, candy and cookie intake Should be low in fat No more than 5 servings per week (e.g. maple syrup, jelly, candy, fruit juice) Serving Size = 1 T sugar or jelly, 8 oz juice, ½ oz candy



# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



**A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.** Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.



### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

# Wake Up to the benefits of breakfast!

**Breakfast.** Research shows that many of us believe that it's the most important meal of the day—and there is plenty of science to support it. Still, more than half of us do not eat breakfast everyday. Learn about the long-standing and latest reasons to enjoy the morning meal.



## Breakfast Boosts Brain Power

How totally cool that breakfast fuels kids' brains for school! Several studies suggest that eating breakfast may help children do better in school by improving memory, alertness, concentration, problem-solving ability, test scores, school attendance, and mood. Adult breakfast skippers, take a lesson—eating breakfast may help boost your brain power, too.

## Breakfast is Just Plain Good for You

Breakfast-eating kids and adults get more fiber, calcium, vitamins A and C, riboflavin, zinc, and iron in their diets than



breakfast-skippers. It's no wonder when you consider that nutrient-rich foods such as whole-grain hot and ready-to-eat cereals, fat-free and low-fat milk and yogurt, and fruit and 100 percent fruit juice are popular breakfast picks.

## Breakfast is the "Weigh" to Go



The first meal of the day keep can help weight gain away, so don't skip breakfast to manage your weight. Research suggests that

adult breakfast skippers are at *greater* risk for obesity and weight gain, while breakfast eaters tend to have healthier weights. Kids and teens who eat breakfast are less likely to be overweight, too. And, according to findings from the National Weight Control Registry, almost eight in 10 adults who maintain a 30-plus pound weight loss for at least a year eat breakfast every day.

Why the breakfast benefit? Research shows a link between healthier body weights and eating foods such as hot and ready-to-eat cereal and fat-free or low-fat milk and milk products. Breakfast foods like oatmeal and high-protein milk products and eggs also may help you feel full.

## Breakfast Builds Better Bodies

Eating breakfast may help your heart, digestion, bones and more to meet dietary guidelines!



### • A healthier heart.

Adults and kids who skip breakfast tend to have higher blood cholesterol levels—a risk factor for heart disease—than do breakfast eaters. Why? Breakfast-eating adults tend to get less fat and more fiber in their diets. Kids and teens who eat breakfast get more fiber, too.

Common breakfast foods may promote heart health. For instance, the soluble fiber in oatmeal may help reduce cholesterol and the whole grains and fiber in some cereals and breads may help reduce heart disease

## Breakfast Fuels Your Empty Tank

Do you bypass breakfast to save time in the morning? This tactic often backfires, because running on empty can leave you feeling fatigued and out-of-sorts—not on top of your game like you need to be. So, stoke your energy engine! Break for breakfast—it takes just a few minutes to fuel up.

*Your kids are more likely to eat breakfast if you do, too. Eating breakfast together is even a better bonus—it helps instill more healthful eating habits in kids as they grow up.*



risk. Morning foods like fat-free or low-fat milk and yogurt, fruit, 100 percent fruit juices, and whole grain cereals can be part of an eating plan that helps control blood pressure and reduce LDL (bad) cholesterol levels.

• **Better digestion.**

The insoluble fiber in many breakfast cereals and in other breakfast foods like whole-wheat breads, bagels and English muffins, and fruits, may help keep you regular. Some research suggests that fiber may reduce the risk of colon cancer. “Friendly” bacteria that may promote digestive health and the components that help them thrive are found in some yogurts, yogurt drinks, and cereals.



• **Stronger bones.**

A wholesome breakfast serves up nutrients important for healthy bones. For instance, milk—the most commonly-consumed breakfast food—provides calcium, vitamin D, and protein to name a few. Adults, teens, and kids who regularly eat breakfast consume more calcium and other nutrients each day. And people who start the day with the traditional cereal and milk combo get seven times more calcium at breakfast than those who eat cereal without milk.

• **Improved metabolism.**

Newer, emerging research suggests that eating a nutritious breakfast of whole-grain cereal and milk may help the body better regulate insulin levels. Studies also suggest that popular breakfast foods such as whole-grain cereals and breads, milk products, and fruit may help reduce risk for metabolic syndrome. This condition is linked to being overweight and increases the risk for heart disease and type 2 diabetes.



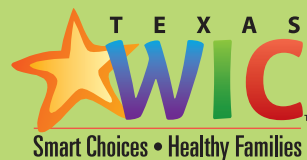
**INVEST TIME TO SAVE TIME**

Invest in a little planning time to gain the big benefits of breakfast.

- Sit down with the family to plan nutritious breakfasts for the week. Post the plan in plain sight in the kitchen. Getting kids involved encourages them to eat the morning meal.
- Add breakfast items to your shopping list so your kitchen is well-stocked.
- Each evening, set the table for breakfast and put out non-perishables such as cereal boxes, oatmeal containers, whole-grain bread, peanut butter, and fruit.
- Store milk, yogurt, hard-cooked eggs, 100 percent fruit juice and other perishable breakfast foods in the front of the fridge so they're quick to grab.
- If the family is brown-bagging breakfast, pack and label each person's bag the night before and store them in the fridge. Better yet, get everyone to assemble their own breakfast bag.
- On weekends, take time for a fun and healthful family breakfast to share the details of your busy week.



**International Food Information Council Foundation**  
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Washington, DC 20036



For more information about breakfast and health, please visit:  
<http://www.foodinsight.org/For-Consumers/Breakfast-Resources.aspx>
















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Packing lunch into a brown bag, a lunchbox or an insulated container? Here's how to create a nutritious, balanced lunch.

# MyPlate Your Lunch

## Mix and Match to create a balanced lunch!

	+		+		+		+	
	+		+		+		+	
	+		+		+		+	

# MyPlate Your Lunch

The United States Department of Agriculture introduced MyPlate in 2011 to illustrate the five food groups that are the building blocks for a healthy diet using a familiar image- a place setting for a meal. Even though bagged lunches may not be eaten on a traditional place setting, it's still important to incorporate all five food groups. Here's how to MyPlate your lunch:

## Fruits

1½ cups of fruit are recommended daily for girls and boys\*

Examples to choose from:

- Apple Sauce** (4 ounce container = 1 cup fruit)
- Raisins** (about ¼ cup of raisins = ½ cup fruit)
- Grapes** (about 17 grapes = ½ cup fruit)
- Grapefruit** (½ medium grapefruit about 4" in diameter = ½ cup fruit)
- Orange** (1 small orange = ½ cup fruit)
- Peach** (½ large peach = ½ cup fruit)
- Banana** (1 large banana about 8" in length = 1 cup fruit)

\* Fruits can be packed individually or can be an ingredient in other lunch items like whole grain rice with raisins and cranberries!

\* Make half your plate fruits and vegetables!

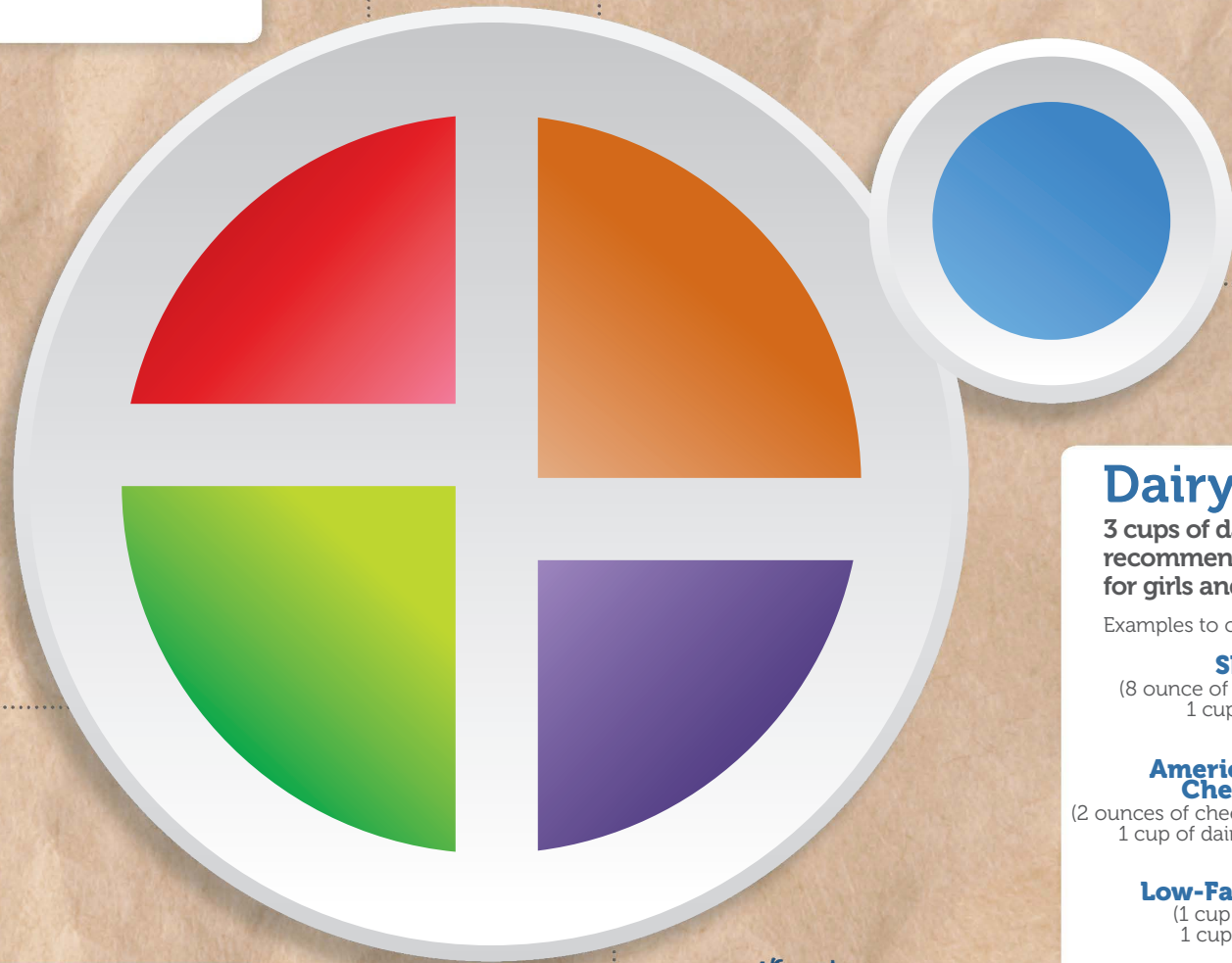
## Grains

5 and 6 ounces of grains are recommended daily for girls and boys, respectively\*

Examples to choose from:

- Wrap** (1 wrap about 6" in diameter = 1 ounce of grains)
- Brown Rice** (½ cup cooked = 1 ounce of grains)
- SunChips® Multigrain Snacks** (about 16 chips = 1 ounce grains)
- Pasta** (½ cup cooked = 1 ounce of grains)
- 100% Whole Wheat Bread** (1 slice = 1 ounce of grains)
- Oatmeal** (½ cup cooked = 1 ounce of grains)

\* At least half of all the grains should be whole grains! On the ingredient panel - look for the word "whole" (such as "whole wheat flour" or "whole oats").



## Dairy

3 cups of dairy are recommended daily for girls and boys\*

Examples to choose from:

- Skim Milk** (8 ounce of skim milk = 1 cup of dairy)\*\*
- American Cheese** (2 ounces of cheese = 1 cup of dairy)\*\*
- Low-Fat Yogurt** (1 cup of yogurt = 1 cup of dairy)\*\*
- Pudding** (½ cup of pudding = ½ cup of dairy)\*\*

\* Choose fat-free or low-fat milk, yogurt and cheese

\* When selecting protein, choose lean or low-fat meat and poultry.

## Vegetables

2 cups and 2 ½ cups of vegetables are recommended daily for girls and boys, respectively\*

Examples to choose from:

- Carrots** (about 20 baby carrots = 1 cup vegetables)
- Lettuce** (about 8 large leaves = 1 cup vegetables)
- Cucumbers** (about 8 cucumber slices = 1 cup vegetables)
- Potato** (1 medium baked potato = 1 cup vegetables)
- Cooked green beans** (½ cup = ½ cup vegetables)
- Tomato** (1 large tomato about 3" in diameter = ½ cup vegetables)

\* Mix and match vegetables in a salad or as sandwich toppers to help get the recommended daily amount!

## Protein

5 ounces of protein are recommended daily for girls and boys\*

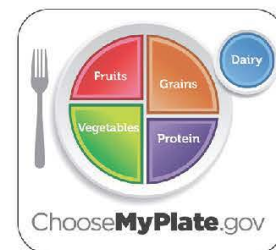
Examples to choose from:

- Chicken** (3 ounces or the size of the deck of cards = 3 ounces of protein)\*\*
- Almonds** (about 25, unsalted almonds = 1 ounce of protein)
- Turkey** (1 slice of turkey = 1 ounce of protein)\*\*
- Peanut Butter/Almond Butter** (1 tablespoon of peanut butter or almond butter = 1 ounce of protein)
- Hard Boiled Egg** (1 egg = 1 ounce of protein)\*\*
- Tuna Fish** (2 ounces of Tuna = 2 ounces of protein)\*\*
- Hummus** (2 tablespoons hummus = 1 ounce of protein)
- Beans** (¼ cup of cooked black, kidney, pinto, or white beans = 1 ounce of protein)

\* According to the USDA, these amounts are appropriate for individuals aged 9-13 who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

\*\* Requires refrigeration

# make half your grains whole



## 10 tips to help you eat whole grains

**Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.** Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

### 1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



### 2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

### 3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

### 4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

### 5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



### 6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

### 7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

### 8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



### 9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

### 10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.



# 10 tips

Nutrition  
Education Series

# salt and sodium

## 10 tips to help you cut back



**It's clear that Americans have a taste for salt**, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

### 1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

### 2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

### 3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

### 4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

### 5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



### 6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

### 7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

### 8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

### 9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

### 10 boost your potassium intake

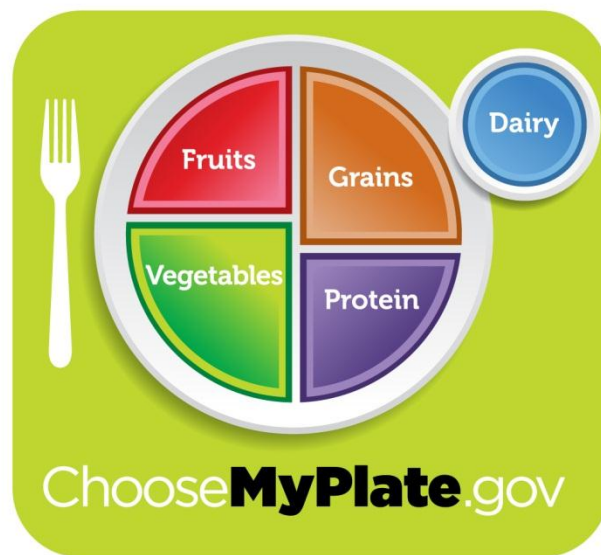
Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

# Avoiding Portion Distortion

To avoid portion distortion, it's important for you to understand what foods you need on a daily basis.

The USDA offers many resources to help you determine your body's essential needs. The plate to the right illustrates how your daily intake of food should look like.

For more information, visit [choosemyplate.gov](http://choosemyplate.gov).



**Fruits:** Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**Vegetables:** Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

**Protein:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat.

THINK PREVENTION!



**Prevention is always better than treatment!  
Understanding portion distortion is a  
proactive strategy to live longer and stay well.**

Drinking

Right

# EATING SMART ON THE RUN



## Making Smart Drink Choices



### DRINK WATER

- Drink **six to eight** 8-ounce glasses of water each day
- Drink more water when it is very warm or you are more physically active
- Keep a water bottle handy in the car, at home, work or school
- Drink water before, during and after physical activity
- Encourage children to drink water

### DRINK MILK

- **Children 1-2 years:** 2 cups per day of whole milk
- **Children 2-8 years:** 2 cups per day of fat-free or low-fat milk
- **Children 9 years and older:** 3 cups per day of fat-free or low-fat milk
- **Adults:** 3 cups per day of fat-free or low-fat milk

- Enjoy milk with meals
- Enjoy milk on cereal
- Enjoy milk in hot beverages
- Enjoy yogurt to go
- Enjoy frozen yogurt
- Enjoy yogurt smoothies

### DRINK 100% JUICE

- **Infants:** No juice before 6 months. Off juice in a cup, not a bottle. Do not give juice at bedtime. Juice should be limited to no more than **4 ounces** a day.
- **Children ages 1-6:** Limit juice to **4 to 6 ounces** per day.
- **Children ages 7 to 18:** Limit juice to **8 to 12 ounces** per day.
- **Adults:** Select whole fruits—fresh, frozen, canned or dried—rather than juice to get enough fiber.

### DRINK FEWER REGULAR SOFT DRINKS

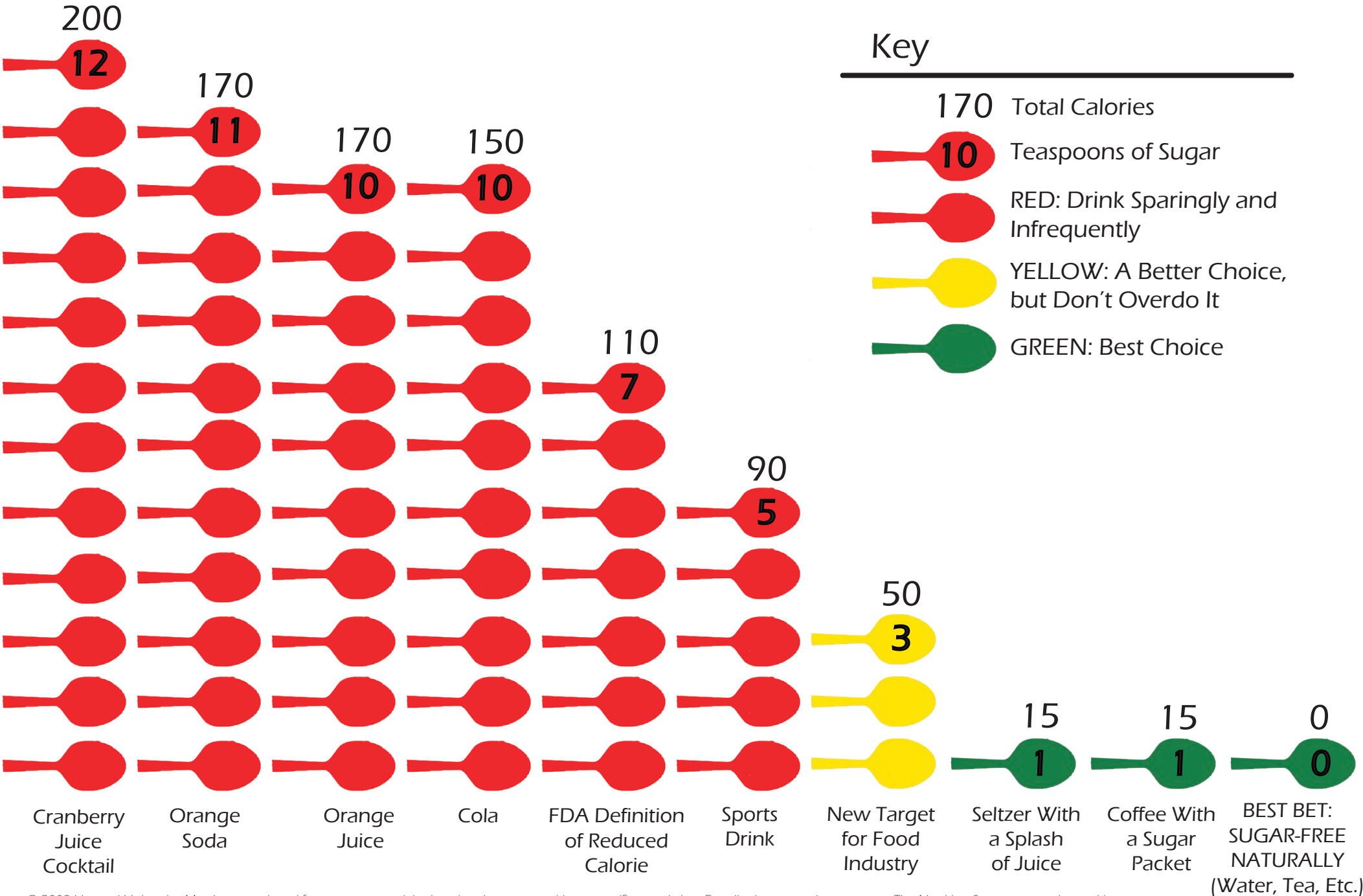
- Make them a sometimes drink.
- Drink smaller portions.
- Drink diet soft drinks or tea sweetened with low-calorie sweeteners.



# How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage

For more information, see The Nutrition Source, [www.hsph.harvard.edu/nutritionsource/healthy-drinks/](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/)





# Calories, Grams of Sugar, and Teaspoons of Sugar in 12 Ounces of Each Beverage

**RED:** Drink Sparingly and Infrequently >12 g sugar/12 oz

**YELLOW:** A Better Choice, but Don't Overdo It 6 to 12 g sugar/12 oz\*

**GREEN:** Best Choice 0 to 5 g sugar/12 oz

**1 TEASPOON OF SUGAR = 4.2 GRAMS OF SUGAR**

The Nutrition Source does not endorse specific brands, and the inclusion of brand-name beverages on this list does not constitute an endorsement.

Calories, grams of sugar, and teaspoons of sugar are calculated or obtained from Nutrition Facts information provided by beverage manufacturers' Web sites. Values are calculated with the assumption that all carbohydrate is from sugar. Calculations are approximate, due to rounding. Some products are available in sizes that are smaller or larger than 12 ounces. Beverage manufacturers may change product formulation and availability at any time. Use beverage manufacturers' Web sites as the best source of information on nutrient content.

For complete source information, see [www.thenutritionsource.org](http://www.thenutritionsource.org).

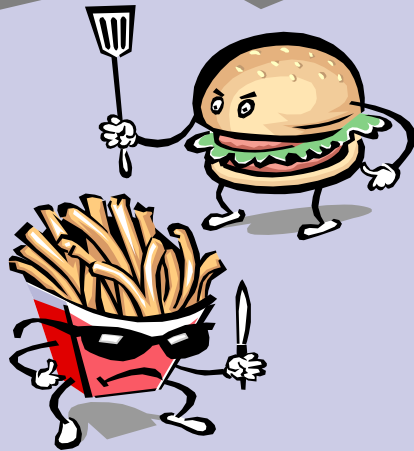
	CAL	G	TSP
<b>Carbonated Soft Drinks</b>			
A&W® Root Beer	180	47	11
Blue Sky® Natural Orange Soda	160	44	10
Coca-Cola® Classic	146	41	10
Fanta® Orange	165	45	13
Mountain Dew®	170	46	11
Pepsi® Cola	150	41	10
Schweppes® Ginger Ale	120	34	8
Schweppes® Tonic Water	130	35	8
<b>100% Juice</b>			
Apple and Eve® Naturally Cranberry 100% Juice	195	48	11
Low Sodium V8® 100% Vegetable Juice	75	12	3
Minute Maid® Orange Juice	165	41	10
Mott's® Plus for Kids' Health Juice Apple Grape	195	48	11
Naked® Juice 100% Juice Pomegranate Blueberry	225	54	13
POM Wonderful® 100% Pomegranate Juice	240	60	14
Welch's® 100% Grape Juice	255	63	15
<b>Sparkling Juices and Sparkling Water</b>			
Fizz Ed.™ Pomegranate Cherry	129	31	7
IZZE® Sparkling Grapefruit Juice	120	31	7
R.W.® Knudsen Lemon Lime	120	28	7
Poland Spring® Brand Sparkling Water	0	0	0
Polar Seltzer® with Vanilla	0	0	0
<b>Sweetened Water and Flavored Water</b>			
Berry Bot® Fortified Water	40	10	2
Old Orchard® FruitSense® Accelerate Key Lime	68	18	4
Glacéau Vitamin Water® Essential	75	20	5
Hansen's® Organic Junior Water™ Beverage	85	23	5
Homemade Spa Water <small>(recipe on <a href="http://www.thenutritionsource.org">www.thenutritionsource.org</a>)</small>	0	0	0
TalkingRain® Twist™	15	3	1
Wild Waters™ Flippin' Fruit	75	20	5
<b>Fruit Punch and Fruit Drinks</b>			
Capri Sun® Juice Drink Strawberry Kiwi	125	34	8
Hawaiian Punch® Fruit Juicy Red	180	45	11
Odwalla® Strawberry C-Monster®	240	57	14
Snapple® Fruit Punch Juice Drink	165	41	10
SunnyD® Tangy Original Style	180	44	10

	CAL	G	TSP
<b>Lemonade</b>			
Minute Maid® Lemonade	150	42	10
Newman's Own® Lightly Sweetened Lemonade	120	30	7
<b>Sports Drinks and Energy Drinks</b>			
Capri Sun® Sport® Sports Drink Lemon Lime	133	28	7
Full Throttle® Original	167	44	10
Gatorade® G™ Orange	90	22	5
Sport owater	53	14	3
Odwalla® Serious Focus™ Apple Raspberry	255	60	14
Red Bull®	165	40	10
SoBe® Adrenaline Rush	195	51	12
Vault™	179	48	11
<b>Iced Tea</b>			
AriZona® Green Tea with Ginseng and Honey	105	27	6
Steaz (Reg)® Sparkling Green Tea, Raspberry	135	35	8
Homemade Iced Green Tea with 1 Tsp of Sugar	16	4	1
Homemade Iced Mint Tea, Unsweetened	0	0	0
Honest Tea® Lori's Lemon Tea	45	12	3
Lipton® Brisk Green	130	34	8
Nestea® Sweetened Lemon Iced Tea	125	35	8
Snapple® Earl Grey Black Tea	53	12	3
Snapple® Iced Tea Peach	135	35	8
Teas' Tea® Naturally Sweet Mango Oolong	60	14	3
<b>Coffee Drinks</b>			
Full Throttle® Coffee + Energy Mocha	222	41	10
Iced Coffee with 1 Teaspoon Sugar	16	4	1
Panera Bread® Frozen Drink Caramel	435	62	15
Starbucks® Mint Mocha Chip Frappuccino w/ Whipped Cream	360	57	14
<b>Smoothies and Flavored Milk</b>			
Homemade Fruit Cooler <small>(recipe on <a href="http://www.thenutritionsource.org">www.thenutritionsource.org</a>)</small>	18	4	1
Jamba Juice® Mango Peach Topper™	375	63	15
Naked® Juice Protein Zone® Banana Chocolate	360	59	14
Nesquik® Ready-to-Drink Chocolate Milk, Reduced Fat	300	48	11
Odwalla® Original Super Protein®	285	51	12
Silk® Chocolate Soymilk	210	32	8
Starbucks® Vivanno™ Banana-Chocolate Blend	270	28	7
Stonyfield Farm® Raspberry Smoothie	276	47	11

\*Some yellow-category beverages listed in this chart have slightly more than 12 g sugar in 12 oz; they have been included because they are close to the 1g/oz guideline.

Eating Out

## Good News for Fast Food



### Do You Know ...

*... that fast food chains have made tasty changes to help you eat right?*

Every chain now offers at least a few items that are delicious and nutritious - because that's what people want!

### How can I eat fast and healthy?

- Say NO thanks to combo or "value" meal deals.
- Swap super-size for regular size items.
- Substitute milk, water or 100% juice for soft drinks.

### Two sneaky (and cheap) ways to eat well in the drive-thru

#### KIDDIE-SIZE

- With a kids meal, you get reasonable amounts of your favorite foods, like a burger and fries.
- For your best nutrition buy, ask for low-fat milk, water, or 100% juice with your meal.

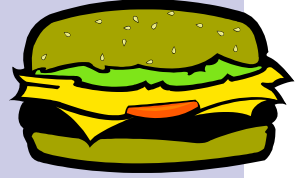
#### SHARE

- There is a smart way to make gigantic portions work for you - share them with a friend!
- When you split a large fries, you eat less fat and fewer calories plus you'll save money.

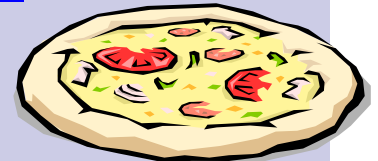
**Q: What are my best options in the fast food lane?**

**A: There are tasty, healthy items EVERYWHERE.**

Here are a few of the best fast food picks. Since menus change often, check the web for updated information on your favorite places.



- **ARBY'S:** [www.arbys.com/arb06.html](http://www.arbys.com/arb06.html)
  - ✓ Regular Roast Beef (350 calories)
  - ✓ Asian Sesame Salad (385 calories with 1/3 packet of dressing)
- **BURGER KING:** [www.burgerking.com/Food/Nutrition/index.aspx](http://www.burgerking.com/Food/Nutrition/index.aspx)
  - ✓ Whopper Junior ~ hold the mayo (310 calories)
  - ✓ Fire-Grilled Chicken Baguettes (350 calories)
- **KFC:** [www.kfc.com/kitchen/nutrition.htm](http://www.kfc.com/kitchen/nutrition.htm)
  - ✓ Tender Roast Sandwich ~ (318 calories with 2 teaspoons sauce)
  - ✓ BBQ Beans + small Corn-on-the-Cob (300 calories)
- **McDONALD'S:** [www.mcdonalds.com/usa/eat.html](http://www.mcdonalds.com/usa/eat.html)
  - ✓ Grilled Chicken Caesar Salad (263 calories with 1/3 packet of dressing)
  - ✓ Fruit and Yogurt Parfait with Granola (160 calories)
- **PIZZA HUT:** [www.pizzahut.com/menu/nutritioninfo.asp](http://www.pizzahut.com/menu/nutritioninfo.asp)
  - ✓ Thin 'n Crispy Veggie Lovers Pizza (340-360 calories for two slices)
  - ✓ Thin 'n Crispy Ham/Pineapple Pizza (340-360 calories for two slices)
- **SUBWAY:** [www.subway.com/subwayroot/MenuNutrition/index.aspx](http://www.subway.com/subwayroot/MenuNutrition/index.aspx)
  - ✓ "7 Under 6" sandwiches (210-370 calories)
  - ✓ Mediterranean Chicken Salad (367 calories with 1/3 packet of dressing)
- **WENDY'S:** [www.wendys.com/food/US\\_nutrition\\_topics.jsp](http://www.wendys.com/food/US_nutrition_topics.jsp)
  - ✓ Junior Hamburger (270 calories)
  - ✓ Grilled Chicken Sandwich (360 calories)
- **TACO BELL:** [www.tacobell.com/](http://www.tacobell.com/)
  - ✓ Grilled Steak Soft Tacos (340 calories for two Fresco style tacos)
  - ✓ Bean Burrito (350 calories, Fresco style)



# fast food

Take a  
Side-By-Side Look

## comparison

### Onion Rings Compared

Fast Food Restaurant	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Burger King (King Size)	150	500	25	5	4.5	62	720
A&W	113	350	16	3.5	4.5	45	710
Jack In The Box	119	500	30	6	10	51	420
White Castle (Sack)	178	410	20	5	7	53	400
White Castle (Homestyle, Sack)	178	790	44	8	30	91	860
Sonic (Large)	227	640	31	5	0.5	80	300
Dairy Queen (Large)	142	590	37	7	9	56	930
Carl's Jr.	128	430	21	4	Unknown	53	550

- **Best:** A&W, Sonic (Large), or really... NONE.

My real pick for best onion rings is none of the above. But, since I am forced to give a pick, I'd have to go with either A&W or Sonic's large order. The nutrition facts of A&W's onion rings look really good until you make your way over to trans fat. 4.5 grams is the opposite of really good. Then you have Sonic's version, which is the lowest in trans fat (0.5 grams) which is great. Not so great though is its 640 calories (second highest). I guess if I really had to make a decision here, the real "best" pick is half an order of Sonic's large onion rings.

- **Worst:** White Castle (Homestyle, Sack)

Hmmm, I wonder which onion rings will be the "worst" pick? Oh, I know. How about the reigning and defending champion of my [88 Fast Food Items Highest In Trans Fat](#) list, White Castle's Homestyle sack of trans-fat-rings. 30 insane grams. Is there really any reason to even mention the 790 calories after that? Nope. We can just end it right here.

- **Notes:** For this comparison, I used each fast food restaurant's largest available size of onion rings.

Check out

<http://www.acaloriecounter.com/fast-food.php>

for a closer look at how popular fast foods restaurants compare in nutritional health!

This site has all sorts of popular fast foods, such as

- French fries
  - Onion rings
  - Hamburgers
  - Sandwiches
  - Chicken
- and much more!

### French Fries (Large) Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Regular	170	570	30	6	8	70	330
Burger King	Regular	160	500	28	6	6	57	820
Burger King	Salt Not Added	160	500	28	6	6	57	530

# STOPLIGHT Restaurant Guide to Healthy Choices

**Making healthy food choices** when eating at restaurants can sometimes be a challenge. If the menu does not list calorie, fat, or sodium content you can use this guide to help you make better choices. Choose foods from the green categories (“go”) and avoid foods in the red categories (“stop”). Choose smaller portions or just taste food from the yellow categories (“caution”). Always pay attention to portion size – a green food can easily become a red food if you eat more than one portion or one serving.

## One serving of...

meat or fish = 3 oz. (approximately the size of your palm or a deck of cards)

rice or pasta = ½ cup (approximately the size of a light bulb)

fruit/vegetable = 1 cup (approximately the size of a baseball)

cheese = 1 ½ oz. (approximately the size of 3 dice)

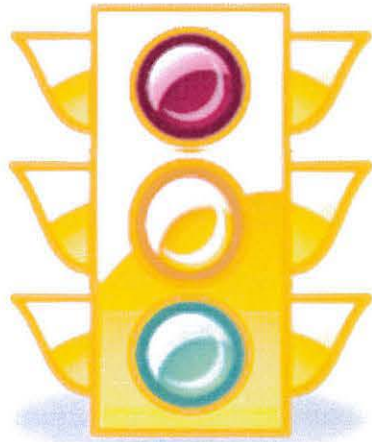
butter/mayonnaise/salad dressing/oil = 1 tablespoon (approximately the size of poker chip)

## GENERAL TIPS FOR EATING OUT

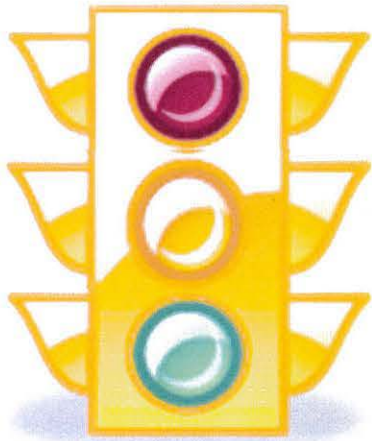
- Avoid restaurants with enormous portions—studies show that the more we are served, the more we eat. If you leave a restaurant feeling sluggish, complaining of stomach pain, or feeling guilty, you’re probably eating too much!
- Start your meal with a large glass of water or unsweetened iced tea.
- Choose steamed, grilled, or broiled main dishes and vegetables. Avoid fried versions of these foods.
- Ask the server for a To-Go box BEFORE you get your food. Put half your meal in the box immediately when you are served. Save for lunch or dinner the next day.
- Split the meal with your brother, sister, or friend.
- Use the kids menu for smaller portions of your favorite “yellow” category foods.
- Fill up on a healthy vegetable or salad first and save half (or more) of your main portion for another meal.

**Salad dressings and sauces can contribute huge amounts of fat and sodium. Here are some tips on how to dress your food in a healthy way:**

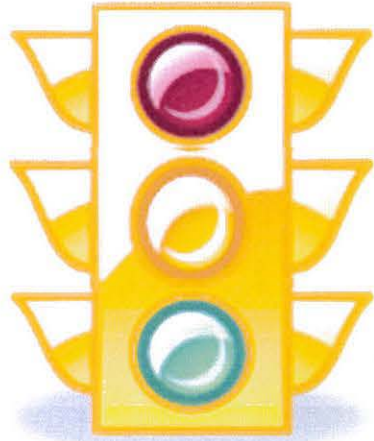
- Always order salad dressing on the side. Dip either the tip of your fork or the tip of the salad bite into the dressing.
- If you like to pour all the dressing on the top of your salad, first get rid of half of it. Then, add a couple of spoons full of water and stir. Mix into your salad. You’ll have fewer calories, fat, and sodium.
- Ask for light or low sodium soy and teriyaki sauces on the side. Use them sparingly. You can even try adding a spoonful of water to make it less salty.



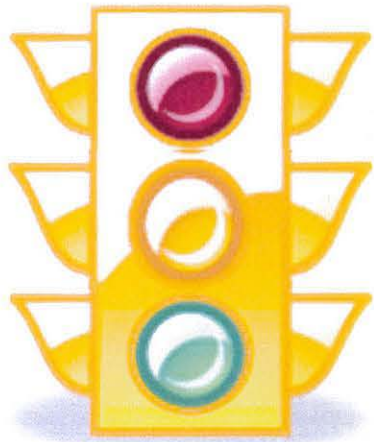
Steakhouse Restaurant			
Appetizers	Entrees	Side Dishes	Condiments
Cheese fries; onion rings; fried whole onion; potato skins, chicken wings, cream based soups	Untrimmed steak; pork chops or prime rib; mixed dishes with cured or salted meats (ham, corned beef, sausage prosciutto, chorizo), fried foods including seafood	French fries, cream based soups, mashed potatoes	Creamy, full fat dressings; butter; steak sauce (A1 sauce); teriyaki or soy based sauces
Broth based soups, coconut shrimp, veggies and dip	Trimmed steak, pork chops or prime rib	Rice; Caesar salad	Ketchup; sour cream
House salad w/fat-free or light dressing, seared tuna (go light on sauce)	Trimmed and Grilled foods—shrimp, chicken, pork, turkey, salmon, tilapia, catfish, mahi mahi, tuna Salad and meats from above combo with light dressing	House salad w/ fat-free or light dressing; vegetables without butter (asparagus, sweet potato, mixed veggies, spinach, green beans), baked potato (light on sour cream)	Vinaigrette dressing



French Food/Bakery			
Appetizers	Entrées	Side Dishes	Condiments
Feta and brie cheese; pate; creamy soup, French onion soup	Dishes with Hollandaise, mornay, béchamel, and béarnaise sauces; bouillabaisse; omelets with bacon, cheese, ham, and sausage	Salted butter, Danish, croissants, muffins	Gravy, cream-based sauces
Clear broth soup		Unsalted butter	
Swiss or goat cheese	Grilled, roasted, poached, broiled and steamed dishes; En brochette (cooked on a skewer, dishes with wine based sauces); omelets with vegetables	Vegetable dishes; vegetable quiche, sorbet; fresh fruit tart, seasonal fruit	Vinaigrette dressing



Greek Food			
Appetizers	Entrees	Side Dishes	Condiments
Feta cheese, Feta dip, Saganaki, Tyropita, anchovies	Entrees with Béchamel sauce; bacon, Shrimp and Veal Saganaki, Veal and Chicken Francais, Moussaka, Pastitsio	French Fries, Baklava, Galaktoboureko, Kataifi	Cream sauces for veggies, meat, and fish
Salted nuts, fried calamari, Spanakopita, tzatziki	Greek salad (go light on the feta, olives, pepperoncini)	Rice pilaf, oven baked potatoes	
Grilled calamari and octopus, hummus, falafel, dolmades, eppglant salad	Kebab, Shrimp Oregano; broiled shrimp, lobster, fish; Lamb Giouvetsi, roasted or braised lamb, baked chicken, Souvlaki	Fresh endives, Green beans, Low-fat Greek yogurt, seasonal fruit	Vinaigrette, lemon juice for veggies, meat, and fish

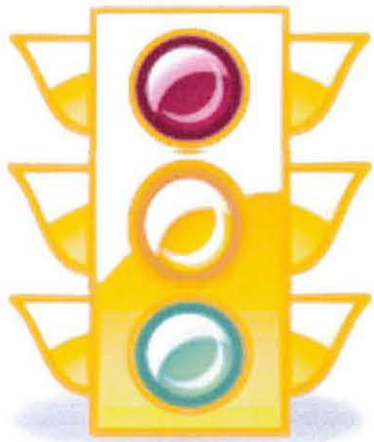


Indian Food			
Appetizers	Entrées	Side Dishes	Condiments
Samosa; pakora; other fried appetizers	Main dish prepared with ghee or coconut oil; dishes with malai (cream)	Foods fried or soaked fat or oil; flat bread (chapatti, naan, kulcha, and roti)	Chutneys, Indian pickle, Mango pickle
Mulligatawany soup, tomato shorba, tandoori platter, tandoori chicken, Shrimp Til Tinka	Aloo gobhi, tandoori roti, and channa masala; sabzi, sag, or bharta (cooked vegetables); chicken tikka (boneless, skinless chicken marinated with spices); kabob (skewered meat or vegetables)	Baked and fiber-rich breads (poppadum)	Cucumber raita, fresh mango or vegetable condiments





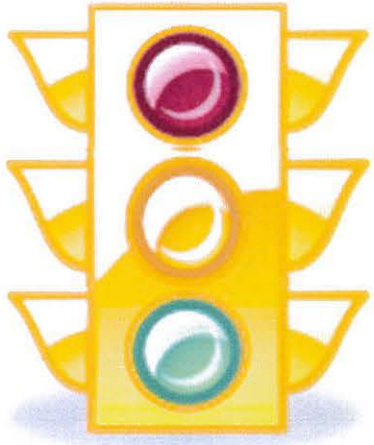
Italian Food			
Appetizers	Entrees	Side Dishes	Condiments
Fried calamari	Meal with marsala, alfredo, pesto, marinara, bolognese, and vodka sauces; lasagna; cheese ravioli; veal or eggplant parmigiana; cheese manicotti	Garlic bread; pickled olives and vegetables; salted butter	Salt; regular dressing
Antipasto (cured meats, olives, cheeses, etc.)	Spaghetti w/ marinara or meat sauce; sausage; bacon, meat-balls; chicken marsala; shrimp primavera		Butter (1pat)
Minestrone soup	Pasta florentine, pasta primavera, chicken cacciatore, grilled meat or fish, margherita and pulit Pizza	Tossed salad w/ light dressing; olive and garlic powder w/ herbs dip	Light or fat-free salad dressing; Italian ice



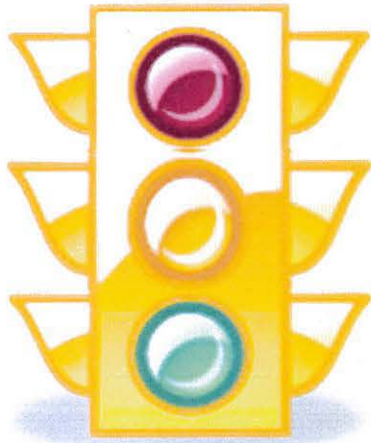
Pizzeria			
Appetizers	Entrées	Side Dishes	Condiments
Antipasto, wings	Pizza toppings with anchovies, capers, regular cheese, ham, bacon, sausages, pepperoni and olives	Bread stick and sauces	Regular salad dressing
Salads	Thin crust pizza Whole wheat crust pizza Vegetable toppings	Tossed salad with oil and vinegar	Vinaigrette dressing



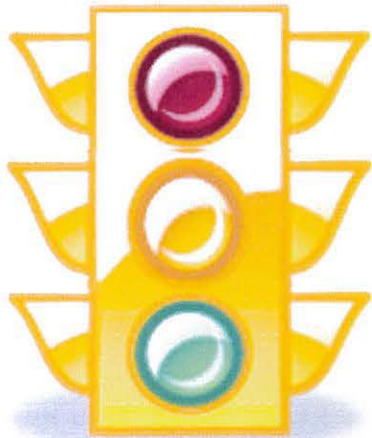
Mexican Food			
Appetizers	Entrees	Side Dishes	Condiments
Pork tamale; tortilla chips, empanadas, chicken wings, queso dip	Chicken and rice; pupusas; cheesy dishes, like enchiladas and quesadillas; burritos; beans and rice; chorizo (Mexican sausage); flour tortillas; chimichangas		
Guacamole, tamales		Black beans, pinto beans	Guacamole
Gazpacho, ceviche, tortilla soup, shrimp cocktail	Ceviche; grilled fish or meat; beef or chicken tacos or tostadas; corn tortilla; fajitas	Fresh salsa or pico de gallo, vegetable sides	



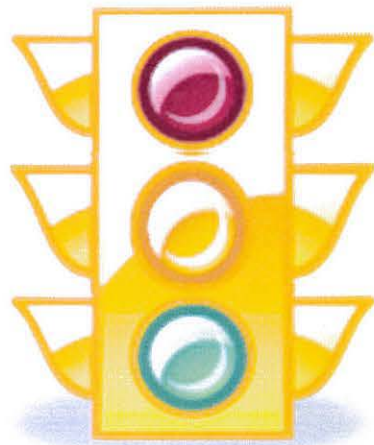
Spanish Food			
Appetizers	Entrées	Side Dishes	Condiments
Tostones; batata frita; salty chips; croquetas; jamon y queso	Pescado or pollo frito	Ensalada de coditos con mayonesa; chuleta frita; patatas bravas; empananads	aoli
Quipe	Sancocho; pollo guisado	Chivo guisado; yuca hervida	
Shrimp, tonno crudo, ceviche; go light on sauces which tend to be oil based	Pescado guisado; pollo horneado; vegetales	Ensalada verde; ensalada de chayote; vegetales	



Chinese Food			
Appetizers	Entrées	Side Dishes	Condiments
Chinese sausages	Fried meats and chicken, like General Tso's chicken, orange (crispy) beef; Moo shu pork; sweet and sour pork; kung pao chicken		Soy sauce; oyster sauce; hoisin sauce; black bean sauce, fermented bean curd
Egg roll	Lo mein; beef with broccoli; chicken chow mein; sweet and sour chicken; fried rice	Rice	Sweet and sour sauce; duck sauce
Hot and Sour Soup, Wonton soup, steamed dumpling	Monosodium glutamate (MSG) free foods; stir-fried vegetables; Hunan tofu; shrimp with garlic sauce; Szechuan shrimp; lemon chicken		Hot mustard

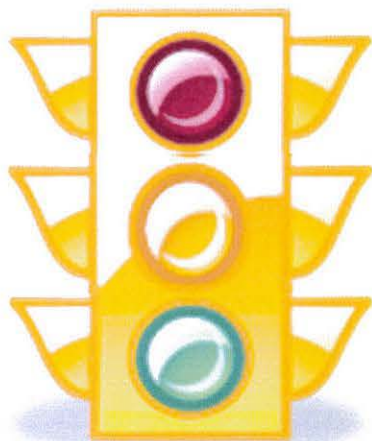


Japanese Food			
Appetizers	Entrées	Side Dishes	Condiments
Aged/fermented tofu; agedashi tofu (fried tofu, daikon in light soy ginger both); miso soup	Fried dishes: tempura, agemomo, tonkatsu	Oshinko (assorted Japanese pickled vegetables)	Soy sauce; teriyaki sauce
			Limited low-sodium soy sauce
Salad with ginger dressing; sashimi; sushi	Sashimi; sushi; shabu-shabu noodle dishes; donburi; yakitori (grilled skewers)	Unsalted edamame; vegetable salad; plain boiled rice	Chopstick dip sauce



## Thai Food

Appetizers	Entrees	Side Dishes	Condiments
Crispy spring roll, Kiew drob (Thai fried wonton), Tofu Tod, Chive Dumpling, Shrimp roll	Crispy whole fried fish with fish sauce; tod man pla (fried fish cake with sauce), Pa Nang, Chu Chee	Thai fried rice; drunken noodles; gwaytio pad khuoa gai (rice noodles stir-fried with meat, oyster sauce, and sesame oil)	Fish sauce
Tom Kha soup	Pad Thai		
Fresh spring rolls, Tom Yum soup, Sa Tay, Larb Kai, Plar Goong, Nam Sod, Som Tum Thai, Hoy Ob	Chicken breast, steamed whole fish, mixed vegetables with light sauce Kha Tiem Prik Thai, Pad Pak	Plain boiled rice, fresh salads	Ask for sauces on the side and use sparingly



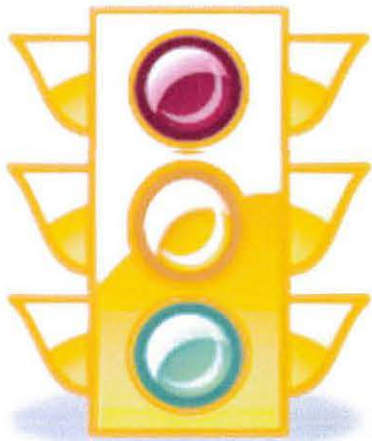
## Vietnamese Food

Appetizers	Entrées	Side Dishes	Condiments
Spring roll (Cha Gio)	Crispy spicy shrimp/seafood/chicken; spare ribs (Rang Muoi); black pepper beef (Bo Xao Tieu Den); braised pork (Thit Heo Kho To); Vietnamese Savory pancake (Banh Xeo)	Green beans in black bean sauce	Anchovies paste; fish sauce; hoisin sauce; hot chili sauce
Seafood with vermicelli; tomato soup (Bun Rieu)	Beef Pho; meat filled baguette (Banh Mi Ba Le)	Pickle vegetables (Daikon, carrot, hot pepper)	
Summer Roll (Goi Cuon), chicken salad (Goi Ga)	Pho Ga (chicken breast with rice noodles); steamed whole fish; steamed chicken breast; steamed tofu with mixed fresh vegetables	Plain boiled rice; fresh raw basil; bean sprouts; chili	Lime; fresh bean sprouts; various mints; cucumber; star fruit



# Soul Food

Soul Food			
Appetizers	Entrées	Side Dishes	Condiments
Luncheon meats; chips; hot dog; canned meat; bologna; cheese curls; mozzarella sticks; fries	Dishes made with salted and cured meats (ham, bacon, bacon fat, liver); fried chicken and seafood	Biscuits, macaroni & cheese, mashed potatoes, candied yams, creamy based coleslaw	Salted butter, pudding, cheesecakes, sweet potato pie
Gumbo	BBQ poultry and meats	String beans, greens, cabbage, rice, pink beans, black eye peas, red beans, corn	BBQ sauce, fruit based desserts, sour cream, cheese
	Baked dishes—poultry, seafood, vegetables Baked potato	Vegetables (beans, greens, cabbage) cooked in low sodium broth, vinegar based coleslaw	Vegetable spray



Add Your Favorite Restaurant:			
Appetizers	Entrées	Side Dishes	Condiments

For Parents

# parent tips

## 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

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

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




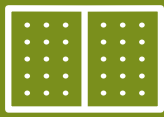
## Lunch

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

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

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

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!

**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-WECAN.

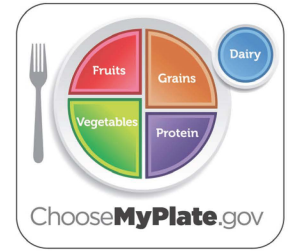
**We Can!** Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).





# be a healthy role model for children

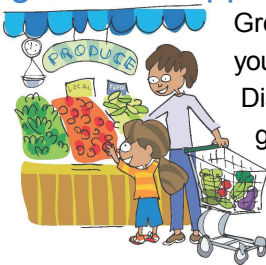
## 10 tips for setting good examples



**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

**1 show by example**  
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

**2 go food shopping together**  
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.



**3 get creative in the kitchen**  
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

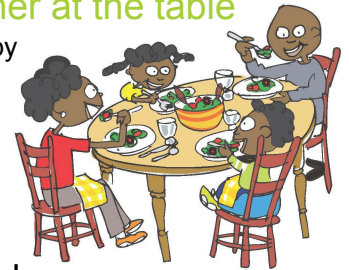
**4 offer the same foods for everyone**  
Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



**5 reward with attention, not food**  
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

**6 focus on each other at the table**

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



**7 listen to your child**

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

**8 limit screen time**

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

**9 encourage physical activity**

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



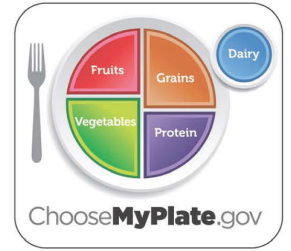
**10 be a good food role model**

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

# 10 tips

Nutrition  
Education Series

# cut back on your kid's sweet treats



## 10 tips to decrease added sugars

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

### 1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

### 2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



### 3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

### 4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

### 5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



### 6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

### 7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



### 8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

### 9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

### 10 if kids don't eat their meal, they don't need sweet "extras"

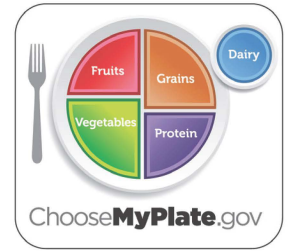
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

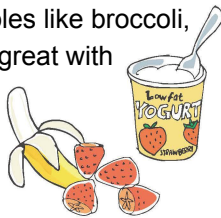
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Journal



Writing down what you eat and when you're active is a great start to figuring out where you can make changes to ultimately be a healthier you! Use the food and exercise diary to track your progress and help you set goals.

Talk to your doctor or dietitian about what goals are best for *you* to work towards.

When setting goals, remember the "S.M.A.R.T." rule.

**S**pecific – Answer the question: Who? What? Where? When? Which? Why? How?

**M**easurable – How much? How many? When will it be accomplished?

**A**ttainable – Can I achieve this? Can I make it come true?

**R**ealistic – Will I be able and willing to do it?

**T**imely – In what time period do you want to accomplish your goal?

Now, list 2 - 4 goals.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

You are now set. For the next week or two, focus on how you can work towards each of these goals. Then, reevaluate...see how you did, where you may need to make adjustments, and perhaps set new goals. Good luck!!



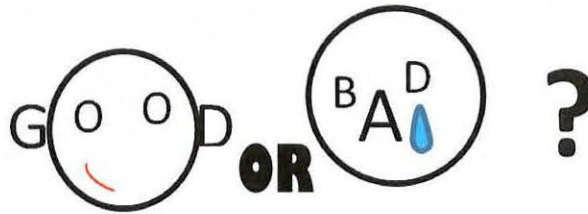
*Quick tip:*

**No rush, take your time.**

Slowly increase your activity in small steps and in ways that you enjoy. A gradual increase in the number of days and the time spent being active will help you reduce the risk of injury.



# Sodium



Are you a salt lover? How salty do you like your food in a meal?

Sodium (commonly referred as salt) is an essential nutrient to our bodies, but in a relatively small amount, provided that you do not have substantial sweating. On average, the higher your sodium intake is, the higher your blood pressure is.

According to the **Dietary Guideline for Americans (2010)**,

Individuals with hypertension (high blood pressure) should reduce their sodium intake to **less than 1,500 mg per day**.

What do you consider as a salty food (except for salt, of course)?

---

Look at your diet record in the past 7 days - how much sodium (salt) have you consumed?

Date	Total amount of sodium consumed that day	How many days did you meet the requirement? <hr/>
		How many days did you NOT meet the requirement? <hr/>

If ALL OF THE 7 DAYS of your diet met the recommendation, congratulations! You are on the right track—keep it up!

If they didn't, no worries, it is never too late to start healthier eating habits!

Set your goals: how can you reduce your sodium intake? List 2 – 4 Goals.

(Remember the S.M.A.R.T. rule when you writing your goals!)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

*Great! You are ready now! Let's get started!*

## Tastes so Good! But SO MUCH Sodium!

- Lunch meat
- Ready-to serve broths/soup
- Hot dogs
- Cheese
- Popcorn
- Pickles, Olives
- Soy sauce
- Fries
- Chips
- Meat pizza
- Ketchup
- Salad dressings
- Bacon
- Miso soup
- Gravies
- Seaweeds
- Canned Vegetables
- and **SO MUCH** more!

*Quick tip:*

### Do It Yourself.

Processed food, food served in restaurants and ready-to-eat food are typically very high in sodium, which will secretly boost up your blood pressure. Try to prepare your food at home, from raw to cooked, and use little or no salt or salt-containing seasonings when cooking or eating foods.





*Week 1*

	Date	Total amount of sodium consumed that day	Meet requirement? (Y/N)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

How many days do you meet the sodium intake requirement of Dietary Guideline for Americans (2010)?

\_\_\_\_\_

How many days do you NOT meet the sodium intake requirement of Dietary Guideline for Americans (2010)?

\_\_\_\_\_

Any improvements from last week? If yes, how do you describe your improvement? If no, why?

\_\_\_\_\_  
\_\_\_\_\_

Any other comments / reflections for this week? Any new goals?

# Physical Activity – Let's ! Be Active!

What do you think about physical activity?

---

Can you list 3 benefits of physical activity?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Can you list 1 -3 physical activities that you really enjoy?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

According to the **Physical Activity Guidelines (2008)**,

Children and adolescents should do **at least 60 minutes (1 hour)** physical activity **daily**.

Physical Activity includes:

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
  - Moderate-intensity includes: hiking, skateboarding, bicycle riding, brisk walking, etc.
  - Vigorous-intensity includes: jumping rope, running, swimming, soccer, martial arts, etc.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
  - Games such as tug-of-war, climbing walls, sit-ups (curl-ups or crunches), push-ups, etc.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
  - Hopping, jumping, gymnastics, basketball, volleyball, tennis, etc.

What have you been doing?

Use the following table to reflect how active you were in the past 7 days.

Physical Activity	Date							Total minutes
	—/—	—/—	—/—	—/—	—/—	—/—	—/—	
<b>Total hours of physical activity done in the past 7 days:</b>								

In total, I was physically active for a total of \_\_\_\_\_ hours and \_\_\_\_\_ minutes.

Did you meet the Physical Activity Guideline? Yes No

Are you satisfied with your amount of physical activity in the past 7 days? \_\_\_\_\_

Why?

---

If you met the Physical Activity Guideline, congratulations! You are on the right track—keep it up!

If you did not meet the Physical Activity Guideline, don't worry, it is never too late to start.

Keeping track of what you do can help you be more aware and make smarter choices!

You can record your physical activity in the table below or at the bottom of your food diary. There are also many other websites and smartphone apps that can help you keep track of your diet and physical activity.

Physical Activity	Date							Total minutes
	—/—	—/—	—/—	—/—	—/—	—/—	—/—	
<b>Total hours of physical activity done in the past 7 days:</b>								

Checklists:

**Aerobic:** at least 3 days a week?

How many aerobic activities did you do? \_\_\_\_\_

List the aerobic activities \_\_\_\_\_

**Muscle-strengthening:** at least 3 days a week?

How many muscle-strengthening activities did you do? \_\_\_\_\_

List the muscle-strengthening activities: \_\_\_\_\_

**Bone-strengthening:** at least 3 days a week?

How many bone-strengthening activities did you do? \_\_\_\_\_

List the bone-strengthening activities: \_\_\_\_\_

Any comments / reflections for this week? Any new goals?

Date: Su Mo Tu We Th Fr Sa

Time	Food Description & Amount	Calories	Sodium
Totals:			

Physical Activity

Time	Activity Description	Duration
Totals:		

Date: Su Mo Tu We Th Fr Sa

Time	Food Description & Amount	Calories	Sodium
Totals:			

Physical Activity

Time	Activity Description	Duration
Totals:		

Date: Su Mo Tu We Th Fr Sa

Time	Food Description & Amount	Calories	Sodium
Totals:			

Physical Activity

Time	Activity Description	Duration
Totals:		

Name: \_\_\_\_\_

Fax #: 410-614-8284

Date: \_\_\_\_\_

Phone #: 410-955-1247

Starting weight: \_\_\_\_\_

Email: \_\_\_\_\_

Ideal weight: \_\_\_\_\_

Dr. \_\_\_\_\_


WEEK	DAY	WEIGHT Goal by _____:	CALORIE INTAKE Daily Goal:	SALT INTAKE Daily goal:	# STEPS	#AEROBIC STEPS Daily goal:	CALORIES BURNED	BLOOD PRESSURE Measure ___/wk Goal: Call doctor if above:
	1							
	2							
	3							
	4							
	5							
	6							
	7							
	1							
	2							
	3							
	4							
	5							
	6							
	7							

RESOURCES

## Other Resources

Below are some websites and smartphone applications that might be helpful to you. Check them out for all sorts of tips, resources, and even games!

### Websites

	A Calorie Counter	<a href="http://www.acaloriecounter.com">www.acaloriecounter.com</a> Search the USDA in the easiest and most user-friendly format available! Receive nutrition facts such as calories, carbohydrates, protein, fat, cholesterol, and sodium for some of your favorite foods.
	Alliance for a Healthier Generation	<a href="http://www.healthiergeneration.org/">http://www.healthiergeneration.org/</a> Find out how this organization is working with leading companies and industries to address the public health concern of childhood obesity. View videos, discover recipes, and pick-up tips for a healthier you!
	American Heart Association	<a href="http://www.heart.org">www.heart.org</a> Check out recipes, healthy cooking tips, secrets to heart-smart shopping at more at the Nutrition Center and pick up extra motivation get moving in the American Heart Association's physical activity page.
	Bodimojo	<a href="http://www.bodimojo.com">www.bodimojo.com</a> If you're a teen, this site is for you. Test your own knowledge with quizzes on a variety of different health topics and check out cool tools and games! They even have a SmartPhone app version!
	Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/healthyweight/calories/index.html">http://www.cdc.gov/healthyweight/calories/index.html</a> In addition to having lots of other great information, the CDC's website has tips on balancing calories to maintain a healthy weight. It includes recommendations about physical activity and Q&A's about how your body works!
	Choose MyPlate	<a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> This excellent site is super user-friendly and provides videos about building a healthy plate, sample menus and recipes, and daily food plans. It even has a place where you can track your own foods and exercise in its <i>SuperTracker!</i>
	Everyday Choices	<a href="http://www.everydaychoices.org">www.everydaychoices.org</a> This site pulls from the American Cancer Society, American Diabetes Association, and American Heart Association to provide you with tips and recommendations for making healthier choices <i>every day.</i>
	Kids Health	<a href="http://www.kidshealth.org">www.kidshealth.org</a> This site has great advice for parents, kids, and teens. Learn about all sorts of health topics, including food and fitness! There are games, recipes, and more!










	<p>Together Counts</p>	<p><a href="http://www.togethercounts.com">www.togethercounts.com</a>          Looking for tips on healthy living, meal planning, and family fitness? This site focuses on getting the whole family involved in a healthy lifestyle. There are all sorts of games, activities, and tons of information!</p>
	<p>We Can!</p>	<p><a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/">www.nhlbi.nih.gov/health/public/heart/obesity/wecan/</a>          This site is a great resource for everyone! It starts out with the healthy weight basics, and moves into how to eat right, get active, and reduce screen time.</p>

## Smartphone Apps







### FITNESS

	App Name	Cost	Description
	<p>Every Body Walk!</p>	<p><i>Free</i></p>	<p>The Every Body Walk! app enables you to personalize your walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more. Get connected and get walking!            Track and save your own walking routes, build your walking history—then share your progress on <i>Facebook</i>.</p>
	<p>Fleetly</p>	<p><i>Free</i></p>	<p>It's like having a personal trainer on your iPhone – making it easy to discover new workouts, track your progress, compete with friends, and earn medals for your achievements. Post your results on <i>Facebook</i>.            Offers hundreds of exercises, professionally designed workouts, and open challenges. You can also create and share your own workout routines, make challenges for your friends, and keep track of your weight.</p>
	<p>Pedometer Multifunctional</p>	<p><i>Free</i></p>	<p>A pedometer which counts steps, calculates distance, average speed, calories, elapsed time. It is multifunctional. You can run while listening to music. See an image of the step you take! FEATURES:</p> <ul style="list-style-type: none"> <li>• Create a playlist and listen to music while training</li> <li>• Detailed exercise history</li> <li>• Lock button with a screensaver</li> <li>• Adjustable sensitivity and step length for maximum accuracy</li> <li>• Laps functionality</li> </ul>
	<p>WakeMyMojo</p>	<p><i>Free</i></p>	<p>Earn points by tracking your fitness, food, and mood and monitor your health stats over time.</p>




## BLOOD PRESSURE MONITORING

	App Name	Cost	Description
	BP MonitorLite	<i>Free</i>	Blood Pressure Monitor - Family Lite keeps track of your important health stats, including blood pressure, weight, and heart beat rate. Uses graphical charts for visual trends which, along with the stats, can be exported or emailed to your doctor. Reminders can also be set up to be reminded to take your blood pressure.

## FOOD

	App Name	Cost	Description
	Eat This, Not That	\$4.99	Tips for what to eat (and what not to eat) at major restaurant chains. Provides specific menu suggestions.
	DASH (Dietary Approaches to Hypertension) Diet Shopping List	\$1.99	This shopping list provides everything you will need to make your selection at the market a snap.
	Dash Diet Recipes	\$1.99	Compilation of 50 of the tastiest Heart Healthy recipes compliant with the Dash Diet.
	Fooducate	<i>Free</i>	Scan a product barcode, see what's really inside, select healthier alternatives. Great for making decisions at the supermarket.
	Figwee	\$1.99	This "portion explorer" includes over 28,000 images of weighed foods so you can see how what you eat compares to the pictures and get nutrition information, such as calories, fat, carbohydrate, protein, cholesterol, and sodium!
	Kidney Diet	\$4.99	Helps people with kidney disease make better decisions about their diet. If you are facing Chronic Kidney Disease (CKD) or End Stage Renal Disease (ESRD), becoming aware of the <b>sodium, protein, phosphorus, and potassium</b> in your diet is of utmost importance. Just scroll through the list or type an item into the search field and quickly determine the nutritional counts of a variety of foods.



	Sodium 101	<i>Free</i>	Track your <b>sodium</b> intake, compare and track sodium content in food, converter allows you to calculate the amount of sodium in any amount of salt, track your daily progress. Can share you daily sodium totals on Facebook and Twitter.
	Good Food Near You	<i>Free</i>	This app recommends healthy food options based on your location, which is tracked by GPS. It targets popular casual dining restaurants, fast-food restaurants, grocery stores and convenience stores nearby.
	Whole Foods Market Missions	<i>Free</i>	Broaden your palate and get introduced to a new range of delicious and nutrient-dense foods. You can get cooking tips and even earn badges for completing missions such as “cut the salt!”