

Eating Right
and Being Active
Are as Easy as ...



5 Servings of fruits and vegetables a day

Fresh or frozen, whole or cut-up, fruits and vegetables are natural sources of many important nutrients. Five or more servings of fruits or vegetables a day provide your children with vitamins, minerals and fiber that may help reduce their risk of illness, including heart disease. A serving is one-half cup of cut fruit or veggies, one cup of salad greens or one-quarter cup dried fruit. **Suggestions:** Choose whole fruits and vegetables over juice, since these contain more fiber and offer a natural balance of vitamins and minerals without added sugar. Keep fresh cup-up fruits and veggies around for snacks.

4 Servings of water a day

Encourage your children to drink water every day to satisfy their thirst and provide fluid for their growing bodies. Four or more glasses of water will keep your kids healthy and active without adding extra calories. **Suggestions:** Give your children water bottles and keep them filled. Keep track of how much they drink, especially during play or sports. Put a pitcher of water on the table at dinner.

3 Servings of low-fat dairy a day

Low-fat dairy products provide protein and calcium for strong bodies, bones and teeth. A serving is an eight-ounce cup of low-fat or skim milk or yogurt, or 1-1/2 ounces of low-fat cheese. **Suggestions:** Blend low-fat or skim milk or yogurt with fruit and ice to make a tasty treat. Add low-fat cheese to soups and salads.

2 Hours or less of screen time a day

Time spent watching television, using the computer or playing video games means fewer calories burned and extra weight gained. **Suggestions:** Work with your children to select age appropriate shows and turn the television on only for those programs. Limit overall television, computer and video game time. Make TV a reward, not a daily routine.

1 or more hours of physical activity a day

Encourage your children to participate in 60 minutes of walking, running, skipping, jumping or dancing each day. Physical activity combined with good nutrition will help them stay healthy. **Suggestions:** Scatter activities throughout the day. For short trips, walk instead of driving, and take the stairs when possible. Enroll your children in after-school or weekend activities, or plan for active family time.

Visit GoNebraskaKids.org
but don't stay long