**Healthy Habits:**

**7**

**Breakfasts Every Week**. Children who eat breakfast have an easier time learning and

concentrating. Low sugar and high fiber cereals and bars are the best options. It can also prevent over eating later in the day.

**6**

**Home Cooked Meals Every Week, Eaten With Family**. Families who eat together consume more fruits and veggies and fewer calories. Children who eat with family have better social skills. Encourage children to help prepare the meal!

**5**

**Servings Of Fruits And Vegetables Every Day**. More fruits and veggies equal fewer calories. Try to choose from every color of the rainbow. Fruits and veggies also provide a good source of fiber.

**4**

**Ounces of 100% Juice Per Day Or Less**. Increased consumption could cause increased weight and calorie intake. Choose water over sugary drinks and soda.

**3**

**2**

**Hours or Less Of Screen Time Each Day.** This includes TV, video games, and computer time. Avoid these items in the children’s bedroom.

**2**

**Servings Of Low Fat Dairy Each Day**. Use 1% or skim milk for children age 2 or older. Try cheese sticks, cottage cheese and fruit,

yogurt parfait or fruit smoothies.



**Hour Or More of Physical Activity Every Day.** Try a family walk, bike ride or play a sport.

**1**

**Portions used from Spectrum Health Hospital**