

Healthy Eating for Your 6-10 Year Old

SMART CHOICES

- Make half your plate colorful with fruits and vegetables for each meal.
- Keep health foods your child likes within easy reach for snack time.
- Drink smart! Always drink plenty of water every day to re-hydrate your body. You can avoid piling on extra calories by providing your child with fat-free (skim) or low fat (1%) milk, limiting 100% fruit juices and avoiding other sugary drinks like soda. Provide a well-balanced breakfast that will fuel your child's day. If you are on the run, a grab-and-go breakfast item, such as fresh fruit, dry fiber-rich cereal, or granola bars are better than skipping breakfast.
- Choose fiber-rich foods such as whole grains, fruits, vegetables, beans, etc. as part of a healthy diet. Fiber helps promote normal bowel movements, and helps keep you full between meals and snacks.

HEALTHY ACTIVITIES

- Participate in at least 1 hour of physical activity each day. Add daily routines that the entire family can be involved in, such as after-dinner walks.
- Limit screen time to no more than 2 hours per day. This includes watching TV, playing video games, or computer/smart phone use.

PLANNING FOR SUCCESS

- A family calendar is a great way to get organized and stay on track with your busy schedules. Family calendars can include after-school activities, meal planning, and homework time.
- Start small and build on success. Pick one small change your family can make together, like eliminating soda. After mastering that, make another small change like watching portion size.
- Set a good example by not constantly dieting or showing too much concern about your own weight. Instead, focus on the health benefits of eating well and being physically active.