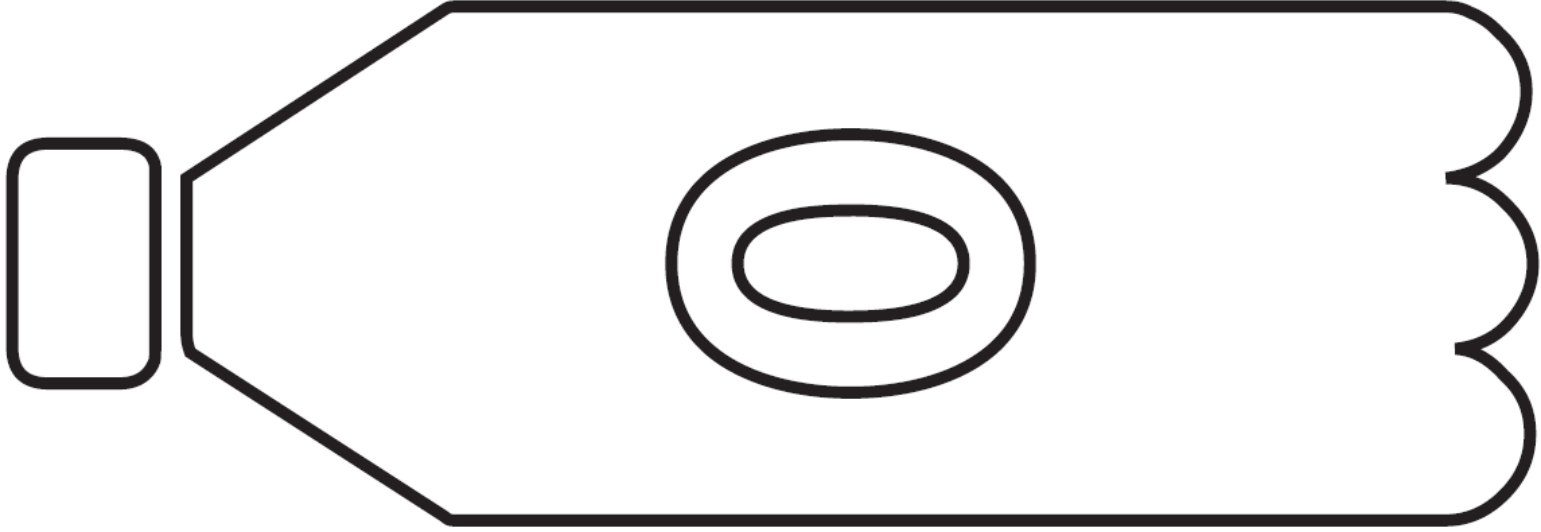


ZERO



SUGARY DRINKS

Sweet drinks pour on the pounds. Water first.

# DID YOU KNOW

Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110–150 empty calories. Many sodas also contain caffeine, which kids don't need.

Energy drinks are NOT sports drinks and should never replace water during exercise.

Water is fuel for your body:

- Water is the most important nutrient for active people.
- Between 70–80% of a child's body is made up of water.
- When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

## DRINK LESS SUGAR

### WATER

#### KEEP IT HANDY, KEEP IT COLD:

- Keep bottled water or a water bottle on hand.
- Add fresh lemon, lime or orange wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.
- Drink water when you're thirsty. It's the best choice.
- Cut back slowly on sugar-sweetened drinks.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

## BE A ROLE MODEL

- Grab a glass of water instead of soda.
- Try mixing seltzer with a small amount of juice.

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES



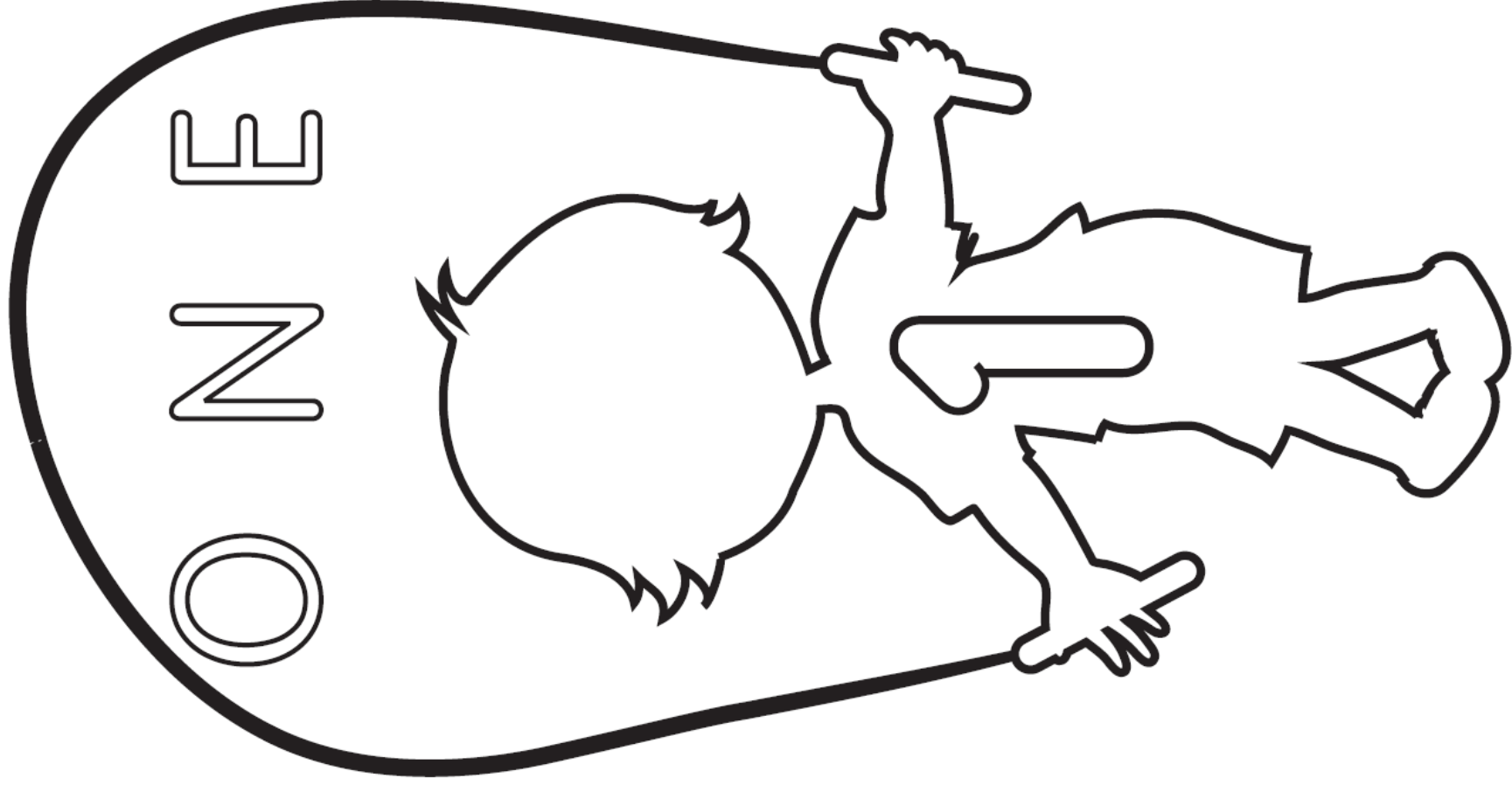
## ENCOURAGE LOW-FAT MILK INSTEAD OF SUGAR-SWEETENED DRINKS.

According to the national dairy council:

- Children ages four to eight years old should be consuming three eight-ounce glasses of milk or other dairy each day.
- Children ages nine to 18 years old should be consuming four and a half eight-ounce glasses of milk or other dairy each day.

THE RECOMMENDATION IS THAT CHILDREN OVER THE AGE OF TWO DRINK LOW-FAT MILK. GRADUALLY MAKE THE CHANGE FROM WHOLE MILK TO LOW-FAT MILK.

MAKE A MILKSHAKE USING LOW-FAT MILK, ICE AND YOUR FAVORITE BERRIES.



HOUR OR MORE  
OF PHYSICAL ACTIVITY  
Play every day, any way, to keep both body and brain fit.

# DID YOU KNOW

Physical activity stimulates the brain to grow. The body and brain work together. Children need daily physical activity to develop physically as well as mentally.

Daily physical activity helps children:

- Keep a healthy weight
- Develop strength and flexibility
- Be calmer and more focused

## MOVE AN HOUR OR MORE EVERY DAY!

- Encourage at least an hour of daily physical activity...for kids and adults!
- More than one hour of physical activity is good for children.
- Playing outside encourages running, jumping, skipping and hopping. This builds muscles.

## ENCOURAGE FREE & FUN PHYSICAL ACTIVITY

- Take your child to the park.
- Play tag, jump rope, throw Frisbee, ride bikes.
- Take a walk with the family around the neighborhood.
- Dress your child for the weather and encourage outdoor play.

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES



## MAKE PHYSICAL ACTIVITY EASIER

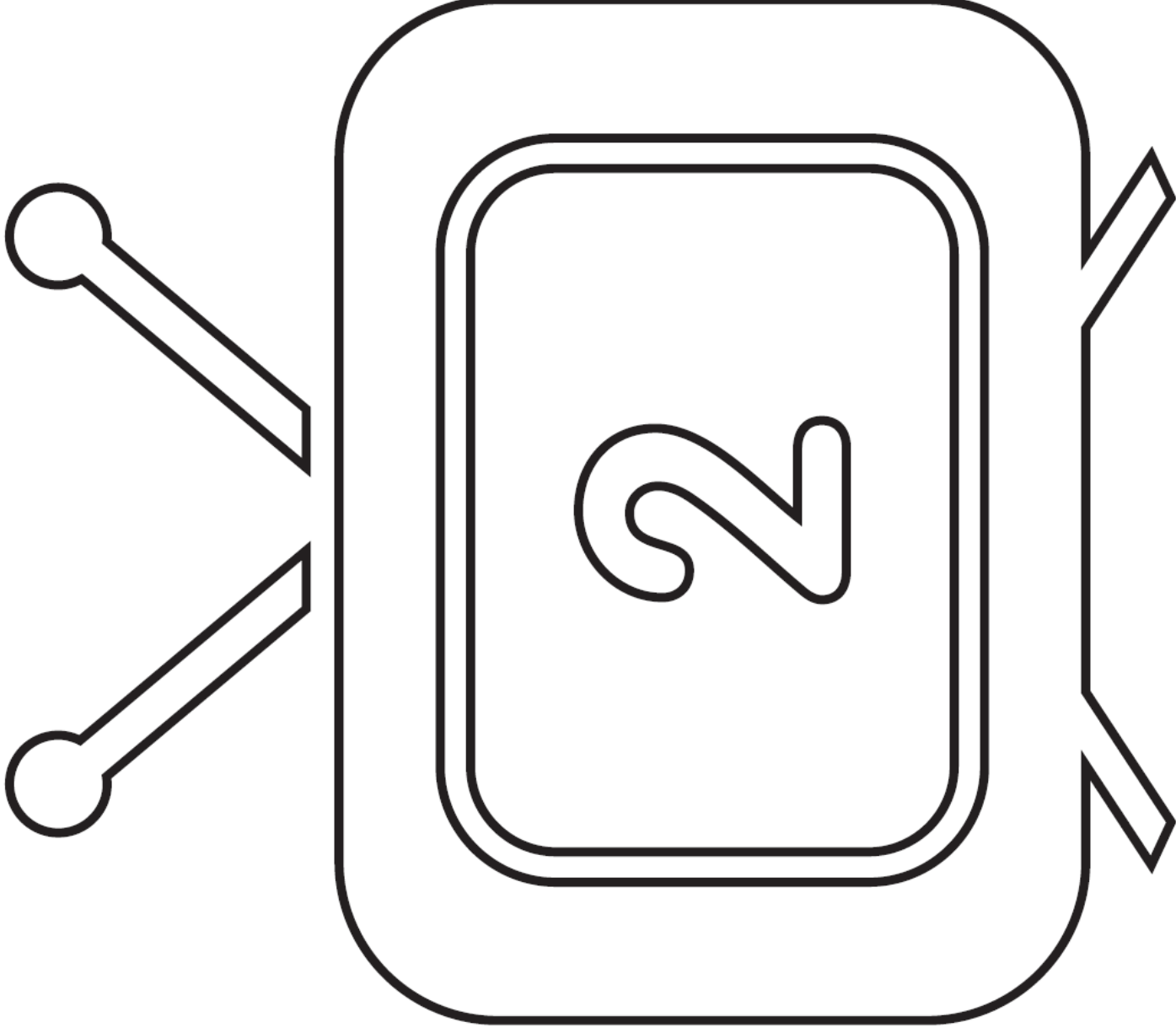
- Make gradual changes to increase your family's level of physical activity.
- Incorporate physical activity into your family's daily routines.
- Don't let screen time replace play time.
- Choose toys and games that promote physical activity.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!

## BE A ROLE MODEL

- Use a pedometer
- Take a walk after dinner.



TWO



HOURS OR LESS  
OF SCREEN TIME

Set limits. No TV in the bedroom. Turn off TV at mealtimes.  
Use a timer to limit computer games.

# DID YOU KNOW

- Screen time includes TV, computer, computer games and hand-held games. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- More than 2 hours of TV has been linked to lower reading scores and attention problems.
- Healthy screen time:
  - No TV/computer under the age of 2
  - No TV/computer in the room the child sleeps
  - One hour of educational TV/computer time between the ages of 2 and 5
  - After the age of 5, 2 hours or less

## TAME THE TV & COMPUTER! TWO HOURS OR LESS OF SCREEN TIME

### PARTICIPATE – KEEP TVS, COMPUTERS, DVD PLAYERS AND VIDEO GAMES OUT OF YOUR CHILD'S ROOM

- Having the TV in a common room makes watching a family activity.
- Watch TV with your child and discuss the program. Ask them questions and express your views.
- This will also let you know what your children are watching.

### SET LIMITS – KNOW HOW MUCH TV YOUR CHILD IS WATCHING

- Set some basic rules such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings it's time to turn off the TV or eliminate TV during the week.

## HELP YOUR CHILD PLAN TELEVISION VIEWING IN ADVANCE

- Keep books, magazines and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

## BE A ROLE MODEL

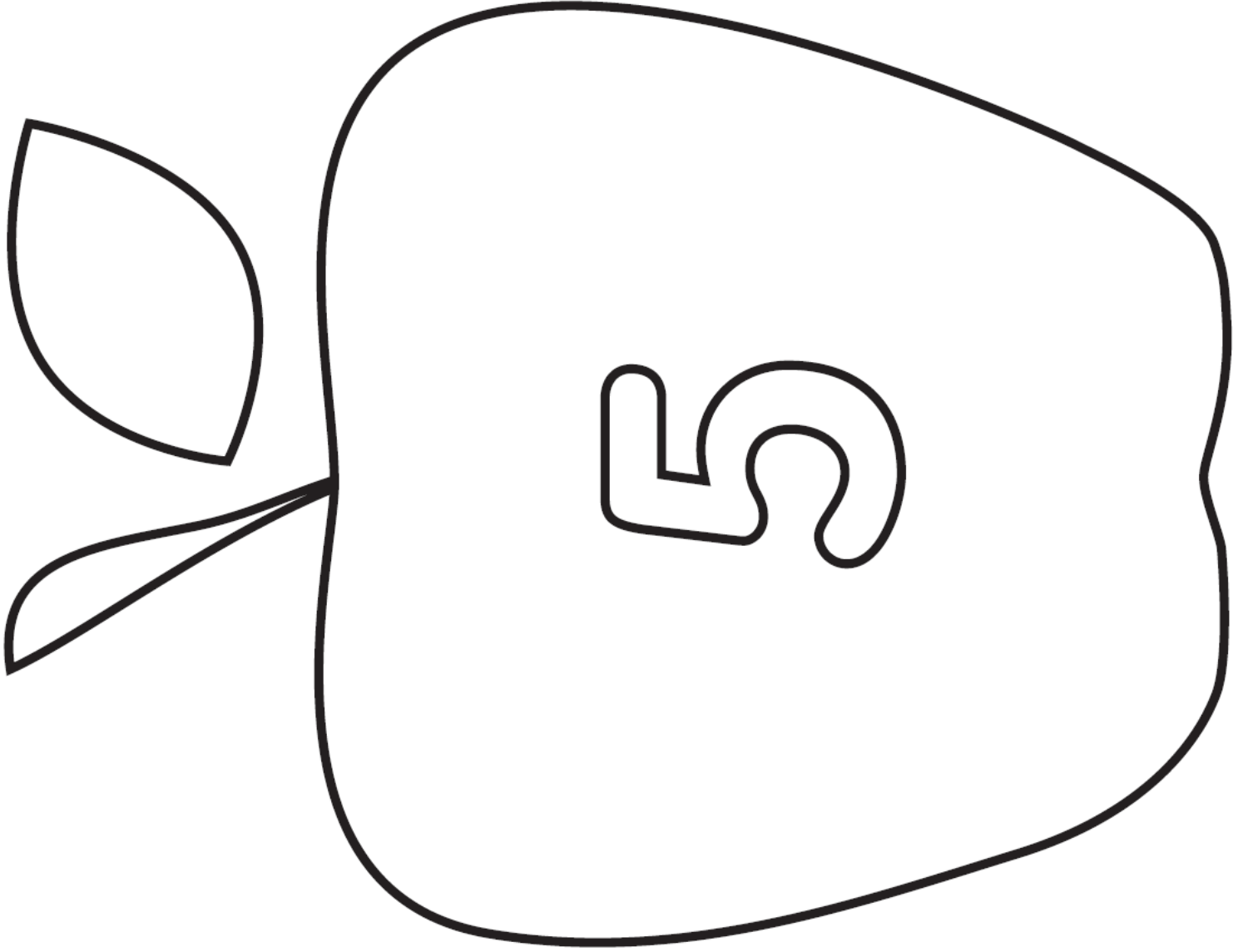
- Follow your own rules. Because children model behavior, set a good example with your own TV viewing habits.
- Have the family help with dinner. It gets them involved and shows them helping is important.
- Put on music and let the kids dance.

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

*Kentucky*  
UNBRIDLED SPIRIT™

FIVE



OR MORE FRUITS &  
VEGETABLES EVERY DAY

Fresh, frozen, canned and dried fruits and vegetables all count.

# DID YOU KNOW

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development and for optimal immune function.

Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. A variety of different color fruits and vegetables offers a wide range of essential nutrients –that's why it's important to put a rainbow of fruits and vegetable on your plate.

## FIVE FRUITS & VEGETABLES

- Try the three-bite rule. Offer new fruits and veggies different ways and try at least three bites each time – it can take seven to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low-fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low-fat yogurt.
- Add them to food you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

## WHAT IS A SERVING?

### ADULTS

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- ¼ cup of dried fruits

### KIDS

- Size of the palm of their hand

## PUT LIMITS ON JUICE

- Always try to choose whole fruits over juice – not products labeled “ade,” “drink” or “punch.”
- If you choose to serve juice, buy 100% juice.

## BE A ROLE MODEL

- Snack on fruits and veggies.
- Have at least one veggie at every meal.

## FAMILY MEALTIME

- Do not underestimate the importance of family mealtime; take 10–15 minutes to sit down together.
- Get your family involved with meal planning.

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES