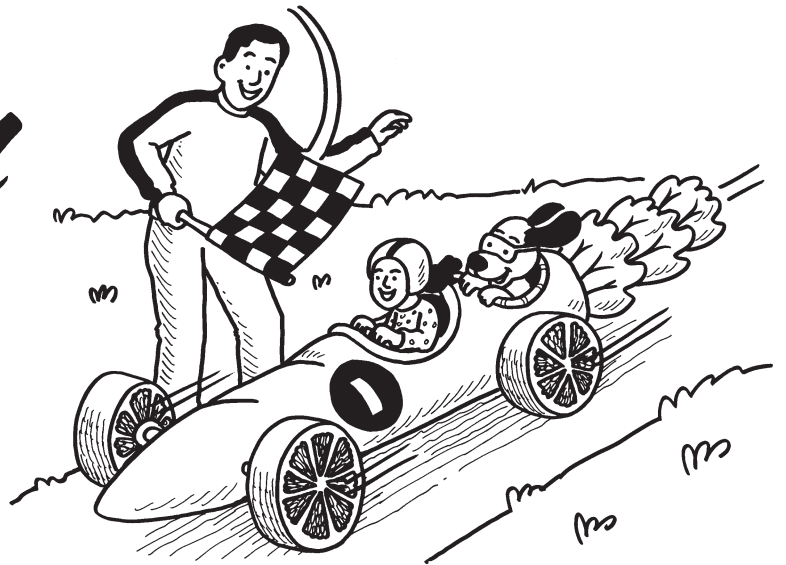


# On a Path to Healthy Eating

Take steps to get your family on the path to better eating by following these tips. For each healthy habit below, a family member can move forward one space on the race track on the back. How quickly will you reach the finish line?



**Powerful protein.** Protein forms the building blocks of muscles and helps bodies stay strong. Most children get enough protein—the key is to choose the healthiest options.

- Make each serving of protein a lean one. *Examples:* 1 egg,  $\frac{1}{4}$  cup beans, 1 oz. chicken without skin, or 1 oz. beef that is at least 90 percent lean.
- Eat fish or seafood twice a week.

**Sugar swap.** On average, kids under 12 consume 49 pounds of sugar each year. Avoid regular doses of added sugar by making sweets an “every now and then” item.

- Substitute a healthier food (say, grapes) for a sweet snack like cookies or cake.
- Go the whole day without “empty calories” from candy or soda.

**Grain goal.** Whole-grain foods contain more nutrients because they’re made of the entire grain. Processed grains actually have much of the healthy part taken right out of them.

- Eat whole-grain cereal for breakfast.
- Use whole-wheat rather than white bread for a sandwich.

**Produce pickup.** Children ages 5–8 should have  $1\frac{1}{2}$ – $2\frac{1}{2}$  cups of vegetables and 1–2 cups of fruit each day. Girls ages 9–13 need  $1\frac{1}{2}$ –3 cups of veggies, and boys ages 9–13 need  $2$ – $3\frac{1}{2}$  cups. All kids ages 9–13 should eat  $1\frac{1}{2}$ –2 cups of fruit.

## Bonus squares

Healthy habits include more than what you eat. Advance one square on the race track for each of these practices:

- Sit down (rather than stand) while you eat.
- Put away screens during meals and snacks.
- Do 60 minutes of physical activity in a day.
- Make fruits and vegetables half of your plate at each meal today—and eat them!
- Have produce in at least three different colors a day (for instance, orange sweet potatoes, dark green broccoli, and red tomatoes).

**Calcium sprint.** Kids ages 4–8 need 1,000 mg of calcium daily for strong bones and teeth. That amount increases to 1,300 for ages 9–13.

- Drink fat-free milk rather than full- or reduced-fat milk.
- Have enough calcium to add up to the recommended amount.

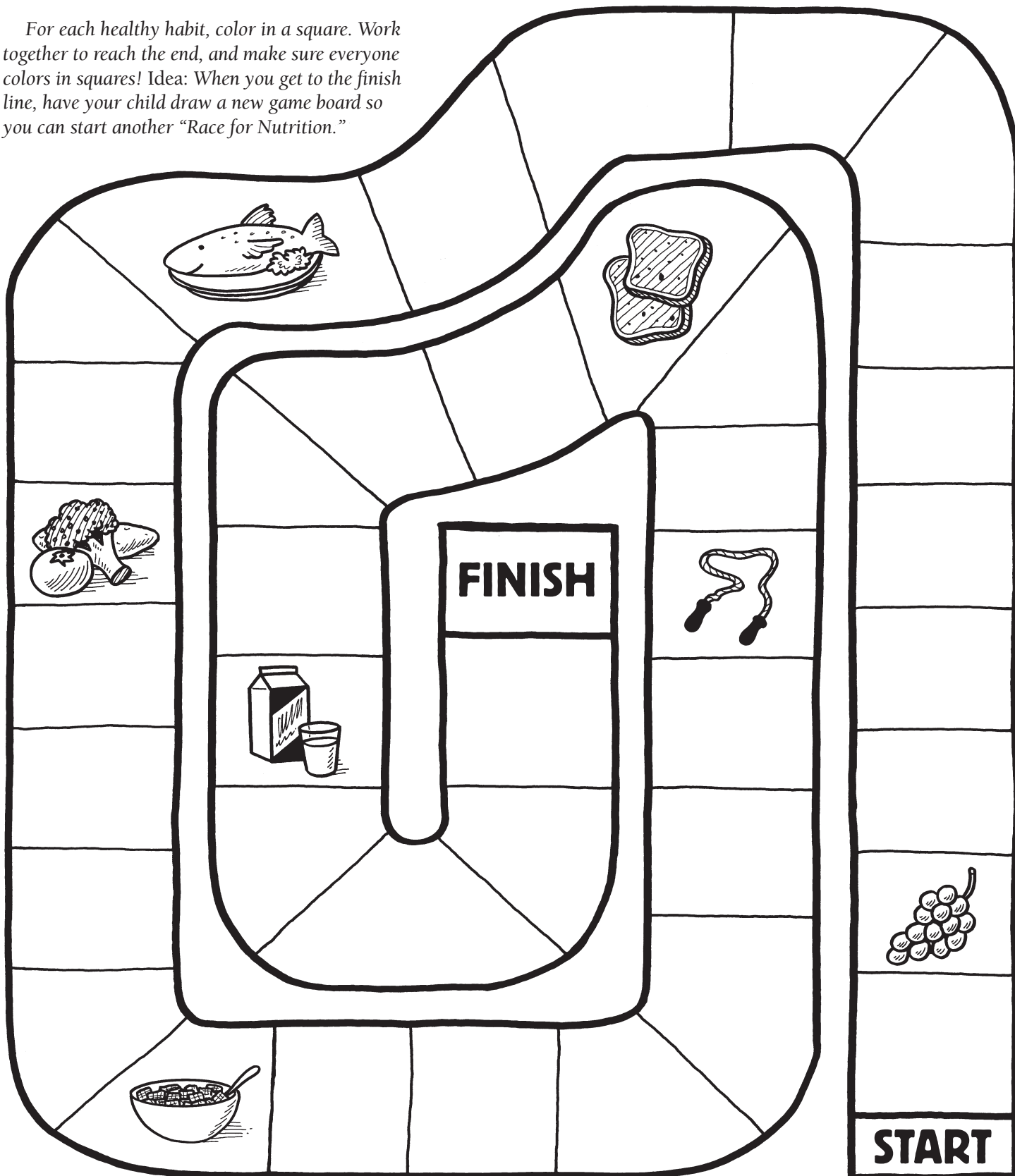
**Water works.** Nutrition experts agree that children get too many extra calories from drinks. Encourage your youngster to reach for zero-calorie water most often.

- Drink a glass of water with every meal.
- Swap soda or juice for sparkling water with fresh fruit.



continued

For each healthy habit, color in a square. Work together to reach the end, and make sure everyone colors in squares! Idea: When you get to the finish line, have your child draw a new game board so you can start another "Race for Nutrition."



Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

## Nutrition Nuggets™