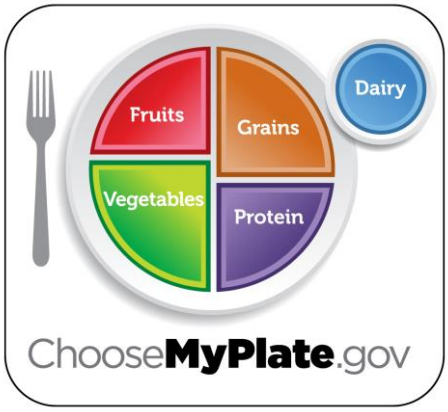
5210 Healthy Military Children — Definitions & Recommendations

5 or more servings of fruits and vegetables

One serving of fruits and vegetables is:
1 medium fruit
½ cup of chopped, canned, or cooked fruit
¼ cup of dried fruit
1 cup of raw leafy greens
½ cup of raw or cooked vegetables
½ cup of 100% fruit or vegetable juice



The Dietary Guidelines for Americans 2010[1] provide the following recommendations:

- Increase fruit and vegetable intake.
- Eat a variety of vegetables, especially dark-green, red, and orange vegetables, and beans and peas.

The American Academy of Pediatrics[2] has the following recommendations for consuming fruit juice:

- Do not give juice to infants younger than 6 months.
- Limit juice to 4-6 oz per day in children 1 to 6 years.
- Limit juice to 8-12 oz per day in children and adolescents 7 years and older.
- Fruit juice offers no nutritional benefits over whole fruits, and whole fruits provide fiber and other nutrients.

The United States Department of Agriculture recommends that half of a person's plate should be fruits and vegetables[3]. This recommendation is reflected on the current U.S. Food Guidance System, MyPlate, which is shown to the left.

1. U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2010). *Dietary Guidelines for Americans 2010.* Retrieved from http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm
2. American Academy of Pediatrics. (2013). Policy Statement: Use and Misuse of Fruit Juice in Pediatrics. *Pediatrics*, 107(5), 1210-1213.
3. U.S. Department of Agriculture. (n.d.). *ChooseMyPlate.gov.* Retrieved from http://choosemyplate.gov

2 or fewer hours of recreational screen time+

+review guidelines on parenting strategies to encourage quality screen time (AAP, 2015)

Recreational screen time is free time spent sitting or reclining in front of televisions, computers, tablets, and similar screens.

Children will engage in screen time as fully as they do in any other activity and screen time can have its positive and negative effects. So, the American Academy of Pediatrics[1] makes these recommendations:

- Become involved in children's media use and set limits around screen time.
- Help children learn to distinguish and choose programs that contain quality content.
- Become role models for children, demonstrating the value of productive time spent away from screens.
- Attempt to keep children under the age of 2 years away from screens entirely.

1. Brown, A., Shifrin, D.L (2015). Beyond turn it off: How to advise families on media use. *American Academy of Pediatrics News, 36(10), 1-1.*

CLEARINGHOUSE FOR MILITARY FAMILY READINESS
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or more hours of physical activity

Physical activity is any movement of the body that raises one's heart rate above resting.

Structured physical activities are planned, and unstructured physical activities are free-play.

Aerobic physical activities involve moving large muscle groups. Moderate and vigorous aerobic activities make a person's heart, lungs, and muscles work noticeably harder. Examples include bicycling, swimming, and playing chasing games, like tag.

Muscle-strengthening physical activities include climbing and swinging on playground equipment, doing sit-ups and push-ups, and resistance training.

Bone-strengthening physical activities create an impact on bones, such as hitting a tennis ball, jumping rope, or practicing gymnastics.

For children 5 years and younger, the National Association for Sport and Physical Education[1] has developed the following recommendations:

- Infants under 12 months of age should engage in structured and unstructured physical activities each day that are devoted to exploring movement and developing motor skills.
- Toddlers (12 to 36 months old) should engage in structured physical activities for at least 30 minutes per day plus unstructured physical activities for at least 60 minutes (and up to several hours) per day.
- Preschoolers (3 to 5 years old) should engage in structured physical activities for at least 60 minutes per day plus unstructured physical activities for at least 60 minutes (and up to several hours) per day.

For children and adolescents 6 years and older, the U.S. Department of Health and Human Services[2] provides the following recommendations:

- Children and adolescents (6 to 17 years old) should engage in 1 hour of physical activity per day.
    - Most of the 1 hour should be moderate- or vigorous-intensity aerobic physical activities.
    - Muscle-strengthening physical activities should be included at least 3 days per week.
    - Bone-strengthening physical activities should be included at least 3 days per week.

1. National Association for Sport and Physical Education. (2009). *Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5.* Retrieved from http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm
2. Office of Disease Prevention & Health Promotion, U.S. Department of Health and Human Services. (2008). *2008 Physical Activity Guidelines for Americans.* Retrieved from http://www.health.gov/paguidelines/guidelines/default.aspx

sweetened beverages

Sweetened beverages are fruit drinks, sodas, sports drinks, and other beverages with caloric sweeteners like sugars and syrups.

Researchers from the Robert Wood Johnson Foundation Healthy Eating Research program[1] made the following conclusion following an examination of current evidence:

- Reducing sweetened beverage intake "would have no negative effect on children's health and would reduce the risk of childhood obesity and many other health problems, including type 2 diabetes, poor nutrition, excess caffeine consumption, and dental decay."

1. Gortmaker, S., Long, M., & Wang, Y. C. (2009). *The Negative Impact of Sugar-Sweetened Beverages on Children's Health.* Retrieved from http://www.rwjf.org/en/research-publications/find-rwjf-research/2009/11/the-negative-impact-of-sugar-sweetened-beverages-on-children-s-h.html

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