



Fruits and vegetables are important additions to a healthy lifestyle! They provide a lot of nutrients, water, fiber, and phytochemicals that keep your body healthy and help prevent cancer, heart disease, and other diseases. Plus, they're a tasty way to fill up without adding a lot of calories to your diet – so dig in!

- Try to fill half your plate with fruits and vegetables at each meal, and consider getting an extra piece of fruit that you can take with you for a snack later in the day.
- For flavorful vegetables without a lot of added fat, look for offerings that are raw, steamed, baked, or roasted. Ask for sauces or dressings on the side and use them sparingly.
- Vary your vegetables and fruits eating a mix of colors will ensure that you consume a variety of healthy

antioxidants!



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 in front of screens – like televisions, video games, and the Internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time – so find other fun ways to spend your free time!

- Turn off televisions and put away cell phones during meals and enjoy spending time with others.
- Try to identify a variety of activities that you enjoy that do not involve screens. Invite others to join you!
 - Make televisions, video games, and the Internet less convenient to use during free time so that healthier choices are easier to make.



Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun! Look for activities you can enjoy with others to help keep one another on track!

- Socialize with others over activities instead of over food – walking in the park, competing at the laser tag arena, or hitting some balls at the driving range make fun alternatives to chatting at the coffee shop.
- Walk or bike to get where you're going.
 - Exercise with like-minded friends or sign up for a charity walk if you're accountable to someone else you may be more likely to stay active.



It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Make water the norm for quenching thirst drink water when you are thirsty, and encourage others to do the same!
- Nonfat and 1% milk and 100% fruit and vegetable juices contain beneficial nutrients as well as calories, so think of them as foods that can contribute towards a healthy diet rather than beverages to drink when thirsty.
- Consider limiting your consumption of artificiallysweetened beverages like diet sodas.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or <u>www.militaryfamilies.psu.edu</u> for help identifying programs and resources targeting nutrition, physical activity, and screen time!





This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let's Go! <u>www.letsgo.org</u>.