



5 or more servings of fruits and vegetables

Fruits and vegetables are important additions to a healthy lifestyle and make great workout snacks! They contain water to keep you hydrated, antioxidants to repair cellular damage from strenuous exercise, electrolytes to help your nerves and muscles work, and because they're low in fat most of their calories come from readily-available carbohydrates (nearly 100% in apples) and proteins (24% in cucumbers, 38% in mushrooms, and a whopping 49% in spinach!)

- Vary your vegetables and fruits - eating a mix of colors will ensure that you consume a variety of healthy antioxidants!
- Fuel up with a fruit and vegetable smoothie! Smoothies are quick to drink, quick to digest, and quick sources of carbohydrates and other nutrients that will help you have a great workout!
- Replenish electrolytes naturally! Salting your food provides sodium and chloride, and these fruits and vegetables are good sources of magnesium (Mg), calcium (Ca), and/or potassium (K): dark leafy greens like spinach and kale (Mg, Ca, K), lima beans (Mg, K), bananas (Mg, K), okra (Mg), broccoli (Ca), and potatoes (K).

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 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 encourage your family to find other fun ways to spend their free time!

- Turn off televisions and put away cell phones during meals and enjoy spending time together as a family.
- Work with your children to identify a variety of activities they enjoy that do not involve screens. Encourage these activities during leisure time and serve as a role model.
- Make televisions, video games, and the Internet less convenient to use during free time so that healthier choices are easier to make.

1 or more hours of physical activity

Participating in regular exercise is a great way to strengthen your entire musculoskeletal system, burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night!

- One of the best ways to prevent disease is to engage in aerobic activities! Aim for at least 2 ½ hours of moderate-intensity or 1 ¼ hours of vigorous-intensity activity per week.
- Strength-train at least two days per week.
- If you're new to exercise or are returning after a hiatus it's fine to work your way up to these recommendations – any increase in activity is good for you!

0 sweetened beverages

It is important to drink fluids to stay healthy and hydrated, but sweetened beverages add extra sugar and calories to your diet. Maintain all the good you've done at the gym and skip the sweeteners!

- Make water the norm for quenching your thirst. Too boring? Add sliced fruit or herbal tea bags for flavor.
- Many sports drinks contain added sugars. Watch out for the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).
- 100% fruit and vegetable juices contain beneficial nutrients and calories, so think of them as foods that contribute towards your diet rather than as thirst quenchers.

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