

Strategies to Increase

Healthy Eating

- ✚ Try a new vegetable or healthy food each week.
- ✚ Encourage “three bite” rule (i.e. parents encourage your child to try at least 3 bites of new foods or vegetables).
- ✚ Consider using “grade the vegetables” approach:
 - A = excellent, let’s have this again
 - C = OK, we’ll try again
 - F = no way! (wait at least 3 months before trying again)
- ✚ Eat only at the kitchen or dining room table instead of nibbling while doing other things.
- ✚ Teach children that all foods are OK. Some, such as vegetables, are “grow tall” foods and others, like candy, are not.
- ✚ Drink a glass of water before and after each meal.
- ✚ Plan your meals and snacks ahead of time. Unplanned eating is often high-calorie eating.
- ✚ Start your meal with a salad or vegetables.
- ✚ Allow yourself only one serving. Try portioning out your food before bringing it to the table.
- ✚ Use a smaller dinner plate than usual to make your portion look larger.
- ✚ Eat slowly so you’ll feel full. Try putting your fork down between bites if that helps you slow down. Sip rather than gulp your beverage.
- ✚ Choose foods that you’ll have to work at eating. For example: it takes longer to eat an orange than to drink a glass of orange juice.
- ✚ Be wise about dessert. Fresh fruit will fill you up and satisfy a sweet tooth.
- ✚ Choose healthy snacks such as fresh fruit, low-fat popcorn, or pretzels.

Physical Activity

- ✚ Encourage “30 minute” rule for inactivity—i.e. don’t allow kids to sit for more than 30 minutes without moving.
- ✚ Encourage kids and adults to be active after prolonged periods of inactivity—i.e. encourage them to be active for 30 minutes after school (or work) before sitting to begin homework.
- ✚ Walk while talking on your cell phone.
- ✚ Encourage “weekend rule”—i.e. encourage some type of physical activity for at least 30 minutes of each day of the weekend.
- ✚ Increase daily activity levels (park further from door, take the stairs instead of an elevator & plan family activities that involve walking—a hike or visit to a local park or museum).
- ✚ Keep physical activity fun!
- ✚ Remember to fit physical activity / play into your schedule every day.
- ✚ Turn off the TV and keep the TV out of your bedroom.
- ✚ Limit recreational computer time.
- ✚ Take a family walk after dinner.
- ✚ Use a pedometer and keep track of your steps—aim for 10, 000 steps a day.
- ✚ Act as role model and be a good example.

