

Energizing Tips For A Healthier Family



A great first step to a healthier family is to include 5 to 9 servings of fruit and vegetables each day. A healthier family is also on the move, so include at least 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help to improve your entire family's health.



INVOLVE THE WHOLE FAMILY

Encourage your family to help make the grocery list and prepare dinner. That way, everyone can select his or her favorite fruit and vegetables. By involving your kids, they'll be more likely to eat healthy foods, and they'll learn the basics of eating right. Start a little healthy competition in your family by tracking everyone's fruit and vegetable consumption as well as physical activity for a week. Use the tracking chart for every member of your family. Enter the number of daily vegetable and fruit servings and activity minutes each day. Total them up at the end of the week and see who ate the most and also included physical activity. Remember, 5 servings is the minimum, so strive for 5 to 9 colorful fruits and vegetables!

GET PHYSICALLY ACTIVE!

Regular physical activity is essential for your health. To decrease your risk of several chronic diseases, you should strive for at least 30 minutes of moderate-intensity physical activities on 5 or more days of the week or vigorous-intensity physical activity 3 or more days of the week for 20 minutes or more per session. While any physical activity is better than none, additional health benefits can be gained by engaging in more physical activity.



QUICK BITES

Try these tips and see how easy it is to eat 5 to 9 a day!

BREAKFAST: Add your favorite fruit to cereal or yogurt. Drink a glass of 100% juice.

LUNCH: Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.

SNACKS: Fill ice cube trays with 100% juice (put in toothpicks) and enjoy the mini-popsicles in no time.

DINNER: Have two vegetables and a salad.

WHAT'S A SERVING ?

The 5 A Day for Better Health Program defines one serving as

- ❖ $\frac{3}{4}$ cup or 6 oz., 100% fruit or vegetable juice
- ❖ $\frac{1}{2}$ cup raw, cooked, canned, or frozen fruit or vegetables
- ❖ $\frac{1}{2}$ cup cooked, canned, or frozen peas or beans
- ❖ 1 cup raw, leafy vegetables
- ❖ 1 medium size fruit
- ❖ $\frac{1}{4}$ cup dried fruit

HEALTH BENEFITS

Health benefits are gained by eating 5 to 9 servings of fruits and vegetables each day and regular physical activity.

Eating 5 to 9 servings of fruits and vegetables a day in may reduce your risk of some types of cancer and other chronic diseases. Substitute fruits and vegetables for high calorie, low nutrient foods.

Regular physical activity helps decrease your risk for several chronic diseases, and also helps control your weight and reduce stress.



Healthy Challenge For Your Family



Make a copy of this chart for each family member and have them fill it out.
Track everyone's progress for a week and you'll see that eating 5 to 9 a day is easy!

DAILY NUMBER OF FRUIT AND VEGETABLE SERVINGS

	BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL <small>Goal: 5 to 9 A Day</small>	PHYSICAL ACTIVITY <small>Total number of minutes each day</small>
SUNDAY	_____	_____	_____	_____	_____	_____
MONDAY	_____	_____	_____	_____	_____	_____
TUESDAY	_____	_____	_____	_____	_____	_____
WEDNESDAY	_____	_____	_____	_____	_____	_____
THURSDAY	_____	_____	_____	_____	_____	_____
FRIDAY	_____	_____	_____	_____	_____	_____
SATURDAY	_____	_____	_____	_____	_____	_____

What's a Serving?

The 5 A Day Program defines one serving as

- ❖ $\frac{3}{4}$ cup or 6 oz., 100% fruit or vegetable juice
- ❖ $\frac{1}{2}$ cup raw, cooked, canned, or frozen vegetables or fruit
- ❖ $\frac{1}{2}$ cup dried cooked, canned, or frozen peas or beans
- ❖ 1 cup raw, leafy vegetables
- ❖ 1 medium size fruit
- ❖ $\frac{1}{4}$ cup dried fruit

What Counts as Physical Activity?

Moderate Physical Activity:

- Walking fast
- Skating on level ground
- Dancing
- Bicycling on flat ground
- Swimming

Vigorous Physical Activity:

- Bicycling uphill
- Running
- High-impact aerobics
- Cross country skiing
- Skating uphill