

Balancing Nutrition & Physical Activity

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Make Smart Choices from Every Food Group

A healthy eating plan:

• **Emphasizes whole grains, fruits and vegetables; and fat-free and low-fat dairy products.** Remember, different foods have different nutrients, so varying your food choices within each group provides the widest source of nutrients.

• **Includes fish, poultry, beans, lean meat, nuts, and eggs.** Choose lean cuts of meat, and bake, broil, or grill it.



• **Limits intake of saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.** Be sure to look for foods low in these fats, choose and prepare foods with little salt and/or added sugars.

Watch your Portion Size

A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small—you decide.

A **servings** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings.

The Nutrition Facts label on packaged foods—on the backs of cans, sides of boxes, etc.—tells you the number of servings in the container.

For example, look at the label of a 20-ounce soda (typically consumed as one portion), and you'll see that it has 2.5 servings in it. A 3-ounce bag of chips—which some would consider a single portion—contains 3 servings.

Average portion sizes have grown so much over the past 20 years that sometimes the plate arrives and there's enough food for two or even three people on it.

These growing portion sizes are changing what Americans think of as a "normal" portion at home, too.

Tips to Reduce Screen Time

Log Screen Time vs. Active Time

Start tracking how much time your family spends in front of a screen, including things like TV- and DVD watching, playing video games, and using the computer for something other than school or work. Then take a look at how much physical activity they get. That way you'll get a sense of what changes need to be made.

Make Screen Time = Active Time

When you do spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights. Or, challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during TV commercial breaks.

Set Screen Time Limits

Create a house rule that limits screen time to two hours every day. More importantly, enforce the rule. Create Screen-free Bedrooms Kids who have TVs in their room tend to watch about 1.5 hours more TV a day than those that don't. Plus, it keeps them in their room instead of spending time with the rest of the family.

Provide Other Options

Watching TV can become a habit, making it easy to forget what else is out there. Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby, or learning a sport.

Remember:

• **Be physically active every day—at least 30 minutes**

• **Children and teenagers should be active for 60 minutes every day.**

• **Increasing the intensity and duration of physical activity has even more health benefits and is helpful if weight control is a problem.**