

Living the 5-2-1-Almost None Lifestyle Helpful Hints

Eat **5** servings of fruits and vegetables each day.

- Fruits and vegetables are excellent sources of vitamins, minerals and nutrients.
- Serve a fresh fruit or vegetable at every meal.
- Avoid foods that are processed or canned in syrup that may contain sauces or sugars. If you can't get fresh, switch to frozen instead of canned.
- Set a good example. Your child will not eat what you won't eat.
- Visit a local farm or farmer's market. You may be surprised how interested your kids become when they see and experience fresh produce in its most natural state.

Spend less than **2** hours of leisure time each day on TV, video and/or computer games.

- Many children spend 4-5 hours a day in front of a screen – and that's not counting time spent on legitimate school work.
- Screen time takes away from physical activity and active play that every child needs.
- Children who sit in front of a TV or video game often snack on unhealthy foods. And we all eat more while multi-tasking because we don't pay attention to how much we are eating.
- Be creative, come up with different options - encourage your child to compete with you in fun, short challenges. Try dancing to their favorite tunes on the radio, walking with books on their head, jogging in place, juggling or keeping a hula hoop going the longest.
- Help your child find a new hobby. Discover bugs in the backyard or park, join a jump rope team, play an instrument, plant a garden together, or ride a bike.
- Do not allow TV during dinnertime – spend that time talking about each other's day.

Get at least **1** hour of active play each day.

- Get creative and use your imagination to come up with ways your child can take part in “active play.” That means something that gets the heart rate up! Your child shouldn't be out of breath, but you do want them to pick up the pace a bit from their normal activity level. Check out local activities on the GetUp calendar (www.getupmc.org/events).
- One hour can be split into a few fun games lasting 10-15 minutes each.
- Try activities that both of you will enjoy. Commit to taking a walk or bike ride after dinner, play wiffleball, go skating, walk the dog, make a homemade basketball hoop or bean bag toss.
- Share outdoor games with your child that you used to enjoy. Do you remember hide and seek, Red Rover, hop-scotch and 4-square? Taking time for fun decreases adult stress, too!

Drink almost **0** sugary soda or juice-flavored drinks. Have your child drink more water and milk, or 100% fruit juice.

- Sugary drinks, which include pop, sports drinks and juice drinks that are not 100% juice, give your child no nutrition and add empty calories.
- Eat your fruit, don't drink it. It's best to limit real fruit juice to one fruit serving (4 oz) per day.
- Remember, today's super sized drinks play a huge role in keeping us unhealthy. Save the Big Gulp cups for water!
- Fat-free or low-fat milk, cheeses and yogurt provide protein, nutrients and vitamins, and help your child's bones grow strong and healthy.
- Water is best. Make sure your child stays hydrated by drinking plenty of water, especially while active. Water helps reduce hunger and improves performance. It's what your body really wants when you're thirsty.