

Focus on Health

School Year 2017-18

Nutrition and Physical Activity

Nutrition

Everything you eat and drink over time matters. Start with small changes to make healthier choices in food and beverages that you can enjoy. Recommendations from the 2015-20 Dietary Guidelines include:

- Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk, cheese or yogurt.
- Vary your protein routine (seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products)
- Drink and eat less sodium, saturated fat, and added sugars.

For more recommendations and information on healthy eating, go to the Dietary Guidelines 2015-20 at <https://health.gov/dietaryguidelines/2015/guidelines/table-of-contents/>

DID YOU KNOW?

Healthy food for kids start with breakfast:

Kids who eat breakfast everyday concentrate better in class, have more energy during the day, and score higher on tests.

Boil some eggs at the beginning of the week and offer them to your child along with low-sugar, high protein cereal and an apple to go.

Physical Activity

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate or vigorous aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

DID YOU KNOW?

Activity adds up! Here's one way to get your 60 minutes:

10 minutes – Walking/biking to a friend's house

+ 30 minutes – Shooting hoops

+ 20 minutes – Dancing

= 60 minutes of activity!

Resources

Kids Health from Nemours

- **Fitness and Your 6 to 12 Year Old** <http://kidshealth.org/en/parents/fitness-6-12.html?WT.ac=p-ra>
- **Fitness and Your 13 to 18 Year Old** <http://kidshealth.org/en/parents/fitness-13-18.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#>



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