

A GUIDE TO LIVING A HEALTHIER LIFE AS A FAMILY



usdairy.com

WHAT IS HEALTHY LIVING?

As healthcare professionals, we recognize that living a healthy life involves eating nutritious foods, being physically active, and getting good sleep so that we are energized to live everyday to our fullest potential. When it comes to children and teenagers, living a healthy lifestyle allows them to perform better in school and sports, have improved mood and self-esteem, a stronger immune system to fight illnesses, and so much more.

Given the limited time we have together in the office, we have compiled this handbook as a resource for you and your family to review. Everyone can benefit from this, no matter what stage you are at - even us as health care professionals! It contains a lot of great information, and we hope that you revisit it when brainstorming ideas of how to live a healthier lifestyle.

With best wishes to succeed in living a healthier lifestyle!

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THE THREE MAIN AREAS TO LIVE A HEALTHIER LIFESTYLE:

1. Nutrition

- Incorporate all five of the food groups in your diet (fruits, vegetables, protein, dairy, and grains) and control portion size
- Limit low nutrient dense foods and high sugary drinks in your diet
- Take time to read nutrition labels

2. Physical Activity

- Any movement is better than zero movement
- Find creative ways to move your body, small moments throughout the day
- Limit screen time or better yet, combine screen time with physical activity

3. Sleep

- Practice good sleep habits

THE MOTTO
WE USE:
5-2-1-0!

Remember, the sooner your child learns these concepts, the more likely it will stay with them into adulthood and beyond.



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



www.letsgo.org



NUTRITION

WHY SHOULD WE EAT CONSISTENTLY DURING THE DAY?

Food is our energy just as your car needs gas to run. Humans need energy from all the food groups which include many different micro and macro nutrients along with vitamins and minerals. This way, our brain and body have consistent fuel throughout the day.

Having 3 meals and 1-2 snacks per day is ideal. Snacks are meant to include nutritious foods and serve as a bridge between meals to ensure we have enough fuel until the next meal. This keeps our metabolism efficient.



Tips for reducing low nutrient dense foods:

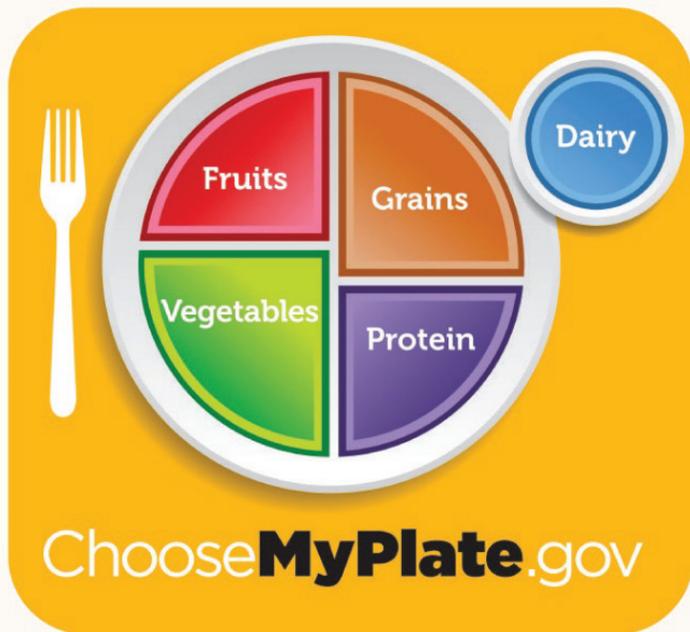
- Keeping your kitchen stocked with plenty of portable, nutritious snacks can make it much easier to make healthy choices on the go.
- Swap refined grains like white pasta, rice, bread, and tortillas for whole grain alternatives, such as brown rice, whole grain pasta and bread, and whole grain or corn tortillas.
- Sugary beverages like soda, sweet tea, fruit juice, and sports drinks are high in sugar and calories and low in essential nutrients. Gradually trading these drinks for water throughout the day is a great way to reduce your sugar intake.
- Make a plan! Get your children and teenagers involved in meal planning and kitchen preparation. Let them help pick and help choose what is on the menu for the week.



Pack Smart!

Help your kids stay healthy and focused in school—pack them a nutritious lunch. Each lunch should be about $\frac{1}{2}$ **Fruits** and **Vegetables**, $\frac{1}{4}$ **Grain**, and $\frac{1}{4}$ **Protein** with one serving of **Dairy**.

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients like the ones below and **let kids help with preparation!**



Fruits	Vegetables	Grains	Protein	Dairy
<i>Go easy on juice and make sure it's 100%.</i>	<i>Use dark green and orange veggies.</i>	<i>Make half of the grains whole grain.</i>	<i>Use low-sodium, lean or lowfat meats.</i>	<i>Choose lowfat or fat-free dairy.</i>
<ul style="list-style-type: none"> Apple Orange Pear Peaches Grapes Melon Dried Fruit 	<ul style="list-style-type: none"> Broccoli Carrots Cauliflower Red Peppers Zucchini Broccoli Cucumber 	<ul style="list-style-type: none"> Whole Wheat Bread Pita Bread Brown Rice Cereal Pasta Salad Sunflower Seeds 	<ul style="list-style-type: none"> Chicken Turkey Fish Nuts Seeds Peas Beans 	<ul style="list-style-type: none"> Yogurt Milk Cheese
				<p>TIP Mix yogurt with cinnamon or garlic to make a delicious dip for fruits or veggies!</p>

Source: U. S. Department of Agriculture

WHAT IS AN EXAMPLE OF A HEALTHY SNACK?

Pairing any two food groups together is ideal. One of the food groups should either be a protein source or a dairy source:



Cottage Cheese + Fruit



Milk + Whole Grain Cereal



Cheese + Crackers



Smoothie Including Fruit + Dairy

NUTRITION LABEL

HOW TO READ THE NUTRITION FACTS LABEL

Check Serving Size First:
Compare the serving size to how much you will eat or drink. If the serving size is one cup and you eat two cups, you're getting twice the calories, fat, and other nutrients listed on the label.

Calories Count!
Keeping track of how many calories you are getting helps with weight management.

Eat More of These:
Fiber, Vitamin D, Calcium, Iron and Potassium help keep your body working properly. Aim for higher amounts of these.

Eat Less of These:
Too much Saturated Fat, Trans Fat, Sodium, and Added Sugars are unhealthy and can lead to weight gain, heart disease, and other chronic diseases.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.



PORTION CONTROL

Kids have smaller bodies and smaller stomach capacities which is a reminder that kids should eat smaller portions than adults.

As kids grow, their appetites will vary depending on different things. They tend to be hungrier during growth spurts or sports seasons when they are more active, and less hungry during downtimes. As their appetites change, keep serving right-sized portions and encourage them to slow down to enjoy their food.

See the table below for tips to help you and your kids visualize portion sizes:

FIST
Equals 1 cup
Rice - Fruits - Vegetables
200 calories

FINGERTIP
Equals 1 teaspoon
Butter - Mayonaise
35 calories

Cupped HAND
Equals 1 oz
Nuts - Dried fruit
163 calories

PALM
Equals 3 oz
Beef - Chicken - Fish
125 calories

INDEX FINGER
Equals 1 oz
Hard cheese
190 calories

THUMB
Equals 2 tablespoons
Peanut butter - Dairy
1/2 cup for rice/pasta

1 cup for cooked vegetables

Created by Kate Privitt

WHATS IN YOUR GLASS?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your 8-ounce glass of milk.



CALORIES AND NUTRIENTS

Calories	110	110	60	80	120
Protein	8g	8g	1g	<1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

VITAMINS AND MINERALS** (% Daily Value¹)

Calcium	30%	45%	45%	45%	30%
Phosphorus	25%	25%	N/A***	N/A	15%
Potassium	10%	10%	1%	1%	15%
Riboflavin	25%	30%	30%	N/A	N/A
Vitamin B-12	20%	50%	50%	50%	25%
Vitamin A	10%	10%	10%	10%	10%
Vitamin D	25%	30%	25%	25%	25%

Naturally Occurring Good Source = 10%–19% DV Excellent Source = 20%+ DV

PRICE⁴

Per ½ Gallon	\$2.05	\$3.37	\$3.28	\$4.99	\$3.46
Per 8oz. Serving	\$0.26	\$0.42	\$0.41	\$0.62	\$0.43

1. Cow's Milk levels are per the USDA National Nutrition Database (NDB No.01083 SR-27); available at: <http://ndb.nal.usda.gov/>

2. Silk Original Soy Milk, Original Almond Milk, and Original Coconut Milk. Nutritional information per Silk® website www.silk.com

3. Rice Dream Enriched Refrigerated Original. Nutritional information per Rice Dream® website www.tastethedream.com

4. Based on gallon volume equivalents per IRI DMI Custom Database Data for 2014 (Jan-Dec) – National Average (Cow's milk based on conventional white milk)

* The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age.

**Nutrient information not listed here can be found on the product website

***Nutrient not listed on product website



NATIONAL DAIRY COUNCIL



IMPORTANCE OF HYDRATION

Water makes up about **60%** of your body's weight and being well-hydrated also improves sleep quality, cognition, and mood. Your source of fluid does not have to come just from plain water. For example, some can come from water flavored with fruit or vegetables (lemons, berries, or orange or cucumber slices), or from milk or tea.



Try these tips for getting in fluids:

- Do not wait until you feel thirsty to drink water or other fluids
- Always have a water bottle with you so you constantly take sips between meals (to get children excited, buy a water bottle that they like)
- Drink a glass of water before your meals and snacks
- Have a glass of water before you exercise
- Drink fat-free or low-fat milk, or other drinks without added sugar as part of your snacks
- When dining out at restaurants, choose water as your drink

Good hydration is critical to health and keeps our bodies performing at its best. Work on increasing water intake throughout the day.

References: www.hsph.harvard.edu | www.eatright.org

PHYSICAL ACTIVITY

THESE THREE TYPES OF PHYSICAL ACTIVITY SHOULD BE INCLUDED EACH WEEK FOR CHILDREN AND ADOLESCENTS:



1. Aerobic Activity:

Most of your child's daily 60 minutes of physical activity should be aerobic activities, like walking, running, or anything that makes their hearts beat faster. In addition, encourage them to do aerobic activities at least 3 days a week that make them breathe fast and their hearts beat faster.



2. Muscle-Strengthening:

Include muscle-strengthening activities, such as climbing or doing push-ups, at least 3 days per week as part of your child's daily 60 minutes or more.



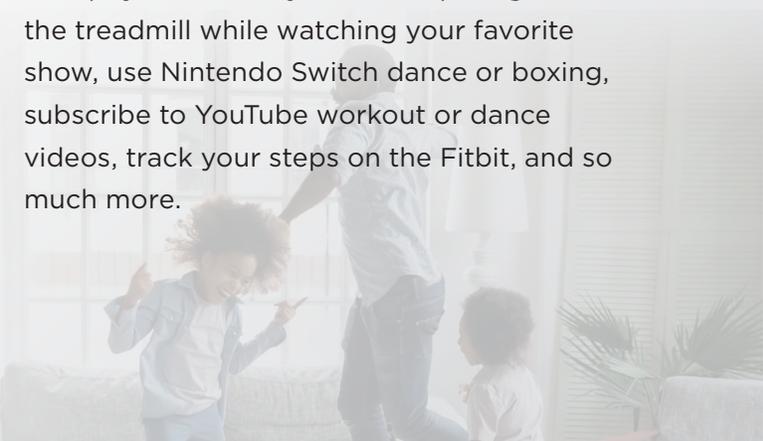
3. Bone-Strengthening:

Include bone-strengthening activities, such as jumping or running, at least 3 days per week as part of your child's daily 60 minutes or more.

HOW TO GET IN 60 MINUTES PER DAY

The current recommendation is that kids get 60 minutes of exercises throughout the day of moderate to vigorous activity. This may seem like a daunting task at first. Think of simple activities to move the body that can easily be done within the house and throughout the day such as "physical activity breaks." Five minutes of movement several times per day is better than no movement at all. Brainstorm as a family some movements that can be fit in during the day. You may also need to think outside the box when it comes to helping your child

or teenager find a physical activity that is both interesting and tolerable. Since many kids love technology, you can use this to your advantage by combining screen time with physical activity. For example - go on the treadmill while watching your favorite show, use Nintendo Switch dance or boxing, subscribe to YouTube workout or dance videos, track your steps on the Fitbit, and so much more.



CHECK OUT THESE FUN KID/TEEN FRIENDLY OPTIONS:

Indoor activities

- GoNoodle Dance Videos, Freeze Dance, Just Dance virtual dancing
- Coo Coo Kangaroo
- Hide 'N Seek
- Indoor Scavenger Hunt
- Kid Yoga videos (Cosmic Kids Yoga) or Teen Yoga (Yoga with Adrienne)
- Family fun videos (Mo Jones Kids online videos - strength, balanced, cardio, muscle building)
- Virtual Tae Kwondo or Karate
- Racing up and down the stairs
- Do a set of jumping jacks, jump ropes, or hula hoops
- Nike Fit App, Nike Training Club
- 7 Minute Workout, Very Well Fit, Sworkit App, Team Body Project App
- Fitbit to track steps, goal of 10,000 steps per day
- Virtual Reality
- Interactive games: Hot Lava, indoor obstacle courses, Twister, indoor mazes, Wii or Xbox Kinect



Outdoor activities

- Family walks during the day or in the evening with a flashlight
- Bike rides
- Go on a hike at a nearby forest preserve
- Outdoor scavenger hunts around the neighborhood
- Hide 'N Seek tag
- Playing outside at a park
- Jump on a trampoline
- Slip 'N Slide
- Swimming
- Rollerblading
- Sidewalk chalk obstacle course or hopscotch in the garage or outside
- Shoot some hoops, play soccer, kick a ball around with sibling/parent
- Make a snow fort or snow maze, snow angels, play snowball tag, or go sledding
- Try a winter sport like skiing, ice skating or snowshoeing
- Pokemon Go



References: <https://www.cdc.gov/physicalactivity/basics/children/index.htm>

THE IMPORTANCE OF FAMILY MEALTIME

Family mealtime is when everyone in the household sits down and enjoys a meal together. It has been shown that families who eat together are healthier and happier. Making the meals balanced is also important. Eating well can also help ward off numerous diseases and health complications, help maintain a healthy body weight, provide energy, and allow for better sleep, and improve brain function.



BENEFITS OF FAMILY MEALTIME

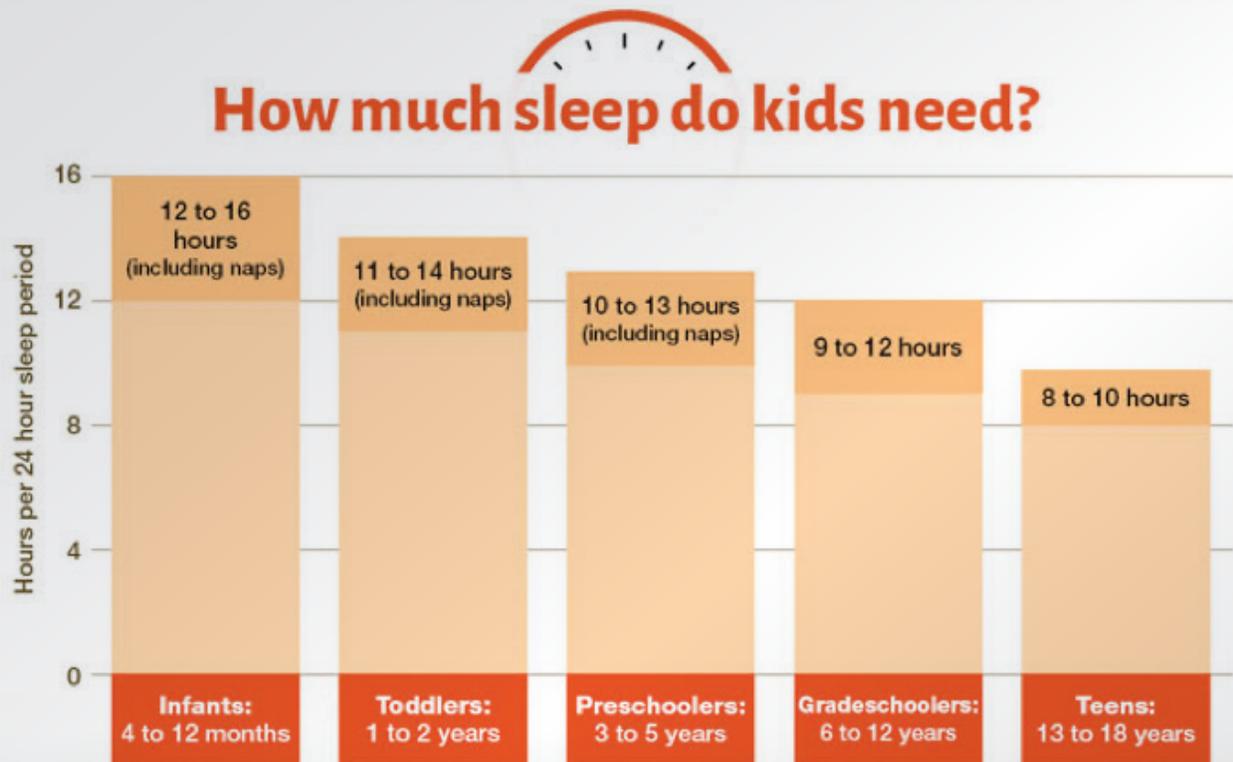
- **Healthy Relationships:** Eating together helps build on parents' relationships with their children. It gives everyone in the family a chance to learn more about each other.
- **Be a role model:** Children are more likely to eat a variety of healthy foods if they see parents doing it first. Try to use the *MyPlate* as a guide, include at least 3 to 4 food groups at every meal.
- **Scheduled mealtime:** This promotes stability and sets the expectation of day-to-day mealtimes. Eating as a family gives them a sense of security.
- **Unplug:** Family mealtime is a perfect opportunity to build self-esteem in children simply by listening to what children have to say. Turning off electronics will help your child focus on eating and hopefully participate in family conversation.
- **Involve the kids:** Encourage your child to accompany you at the grocery store to help you select your produce and other healthy foods. At home, encourage your child to help with meal preparation and cooking this will encourage them to try foods they are preparing.
- **Improved Nutrition:** Meals prepared within the home are usually more nutritious and balanced than meals eaten outside of the home.
- **Money Saver:** Eating at home saves the family money. It is more affordable to cook meals at home than it is to dine out.

References: www.thefamilydinnerproject.org, Mayoclinic.org, www.cdc.org, www.eatright.org



SLEEP

WHAT IS THE APPROPRIATE AMOUNT OF SLEEP YOUR CHILD SHOULD BE GETTING?



Source: www.healthychildren.org

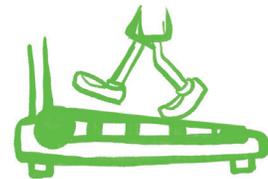
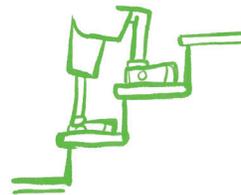


GOAL SETTING

Choose 1 or 2 areas that you want to work on when setting a goal for a healthier lifestyle. Make your goal specific, measurable, and realistic. You want to be able to implement a change that you can be consistent with.

EXAMPLES OF SMALL REALISTIC GOALS TO WORK ON:

- I will cut back my soda intake from once a day to every other day (then two times a week, then once a week, etc.)
- I will eat at least one vegetable every day during dinner
- I will take 5 minutes every day to go and up down the stairs at home
- I will go on the treadmill for 15 minutes every day while watching my favorite TV show
- We will take a walk as a family every Saturday morning at 10AM for 20 minutes



Now it's your turn. Brainstorm with your family what changes you can implement together. Try the following template.

I/WE WILL (BEHAVIOR) AT (TIME) IN (LOCATION)

And remember, if you try and it is too difficult to continue, do not give up. Make your current goal simpler or change it to something different. Once you have successfully implemented a goal, you can move on to the next one! Overtime, you will see how incredibly you have made some real changes and improvements to your health as a family!



RESOURCES

RECIPE RESOURCES:

www.budgetbytes.com

www.eatright.org

www.buildhealthykids.com

www.eatingwell.com/recipes

www.chopchopfamily.org

usdairy.org

www.yummly.org

HEALTHY LIVING WEBSITES:

MyPlate for Kids:

<https://www.myplate.gov/life-stages/kids>

Download the MyPlate app:

<https://www.myplate.gov/resources/tools/startsimple-myplate-app>

Action for Healthy Kids:

www.actionforhealthykids.org

We Can! Ways to Enhance Children's Activity & Nutrition:

www.nhlbi.nih.gov/health/educational/wecan

Walk with a Doc:

<https://walkwithadoc.org/>

Chicago Park District

www.chicagoparkdistrict.com/staying-active-home

Institute for Healthy Childhood Weight by American Academy of Pediatrics:

<https://ihcw.aap.org/Pages/default.aspx>





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