



Healthy Choices in Eating and Activity

Look over the healthy choices below. Select one or two you are not already doing.

Nutrition and Eating:

- Eat 5+ servings of fruits/vegetables daily
- Eat 3 servings of low-fat dairy daily
- Choose baked foods instead of fried foods
- Eat breakfast daily
- Drink water instead of juice/soda pop
- Limit fast food to no more than 2 times weekly
- Limit high-fat, high-sugar foods
- Eat more whole grain foods

- Eat meals as a family
- Don't eat in front of the television
- Pay attention to portion sizes
- Limit extra helpings
- Eat small frequent meals and snacks
- Don't skip meals
- Help with grocery shopping & meal prep
- _____

Activity: 60 minutes most days of the week.

Sunday activity _____ Minutes _____
 Monday activity _____ Minutes _____
 Tuesday activity _____ Minutes _____
 Wednesday activity _____ Minutes _____

Thursday activity _____ Minutes _____
 Friday activity _____ Minutes _____
 Saturday _____ Minutes _____

- Baseball/Softball
- Basketball
- Bicycling
- Bowling
- Calisthenics/Stretching
- Cheerleading
- Dancing
- Frisbee
- Gardening/Lawn care
- Golf
- Gymnastics
- Hiking
- Household chores
- Juggling
- Jumping rope
- Kickball

- Martial arts
- Pilates/Yoga
- Racquetball
- Rollerblading/Skating
- Running/Jogging
- Skating
- Skiing
- Soccer
- Swimming
- Swinging
- Tag
- Tennis
- Volleyball
- Walking
- Wii
- Wrestling

Personal: What is important to you?

- Feel good about yourself
- Have more energy for fun things
- Look your best
- Get good grades

- Do well at something special
- Be healthy
- _____
- _____

Inactivity:

- Limit all TV, video game and non-homework computer time to less than 2 hours each day
- Get at least 8 hours sleep nightly

Reprinted with permission from the National Association of Pediatric Nurse Practitioners and the NAPNAP Foundation, 2006. *Healthy Eating and Activity Together (HEAT™) Resource Kit*. Cherry Hill, NJ.



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of *Bright Futures Tool and Resource Kit*. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.