

parent tips

Get Started! Eating Healthy and Moving More

Try one of these tips each week to eat healthy and move more!



Eat Healthy (ENERGY IN)

- Put berries or bananas on whole-grain cereal or oatmeal.
- Order a green salad instead of fries. Ask for fat-free or low-fat dressing “on the side” – and use only half of it.
- Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.
- Add flavor with herbs and spices, instead of salt.
- Use fat-free or low-fat mayo, sour cream, and salad dressings.
- Choose fruit for a snack or dessert.
- Grill, steam, or bake food.
- Don't eat late at night.
- Use lean meats such as white meat chicken, lean ground turkey, or fish in place of beef or pork.
- When you eat out, choose an appetizer for your meal or share a main course.

Move More (ENERGY OUT)

- Take your dog on longer walks.
- Ride bikes after dinner.
- Park farther away from the store and walk.
- Use the stairs instead of the escalator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids' sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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