

Did you know?

- One in five kids between 6-19 years old in the U.S. is obese¹
- Obese kids are at greater risk of becoming obese adults²
- Obesity is associated with other health problems,² for example:
 - Weak bones
 - Heart problems
 - Diabetes
 - Cancer
 - Depression
- Obesity is easier to prevent than to treat²
- Kids who spend more hours watching TV are at greater risk of obesity^{2,3}



References

1. Centers for Disease Control and Prevention Website, 2018.
2. Nnakwe, 2018
3. York, 2016
4. Food Revolution Network Website, 2017.
5. McBride & Dev, 2014.
6. Weir, 2011.



Simple Health Hacks for Parents & Kids

- Have more energy to play
- Save time & money
- Feel good & have fun
- Learn & grow
- Live well & be well
- Prevent overweight & obesity
- Prevent disease & cancer



Eat the **R a i n b o w**⁴

Strawberries
Red peppers
Tomatoes
Watermelon
Beets

Mangoes
Yams
Carrots
Oranges

Corn
Squash
Pineapple
Lemons
Bananas

Spinach
Kiwis
Broccoli
Avocado
Peas

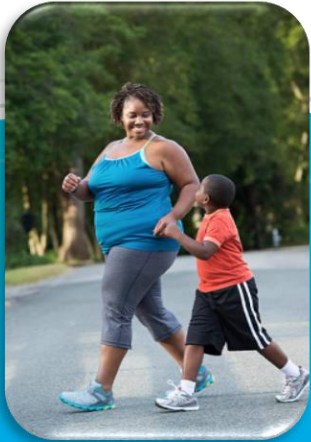
Blueberries
Eggplant
Plums
Red cabbage

Red grapes
Figs
Prunes

Onions
Garlic
Mushrooms
Cauliflower
Potatoes



Plan, Shop, Cook, Eat!



Get Outside. Have Fun!

Kids are more likely to exercise and have healthy habits if their families do.⁵

- Limit screen time
- Track your steps with a smartphone or pedometer – set goals!
- Park at the far end of the parking lot to gain extra steps
- Choose to take the stairs
- Carry shopping baskets through the store
- Walk the long way home

Being more active can make you feel good!⁶



Meals Made Easy

- Use whole grain bread to make French toast or open-faced veggie sandwiches with avocado, tomato, and spinach
- Add dried cranberries and sunflower seeds to breakfast cereals and dark green salads
- Dip sliced veggies and whole wheat pita bread in hummus for a wholesome snack
- Add peppers and broccoli to your breakfast omelet
- Make a big batch of tomato sauce with onions, mushrooms, garlic, green peppers and spices to use for homemade pizza, pasta dishes, or as a tasty dip