

Are you ever overwhelmed with food choices?

What are defaults?

Defaults are food and activity choices. We are always making decisions about which foods to eat and how to spend time.

Often, we are not even aware of our decision-making process.

Usually, we select items that will be quick and easy. We grab what's readily available.

Why is this important to my kids and me?

Benefits of Healthy Defaults

- Improve your kid's well-being with nutrition and exercise defaults.
- These guidelines and tips will help them maintain a healthy weight.¹
- Reduced stress for you due to preplanning.
- Stay active and grow as a family.
- Always know your go-to options for your child.



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Exercise Everyday

- Make a rule that's easy to remember. Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.¹
- Replace previous screen time with physical activities.
- Program in a daily dance party.
- Buy only video games that are active. Look for video games like interactive dance games.
- Go walking three times a week. If the weather is bad, go mall walking.¹

References

1. U.S. Department of Agriculture. Supertracker.usda.gov Website. Washington, DC. Nutrients Report Accessed July 20, 2017.
2. .Boost kids' nutrition with tips on creating a balanced plate. *University Wire*. Sep 03 2014.
3. Do you know what your kids are eating for breakfast? *Medical Update*. 1992 .

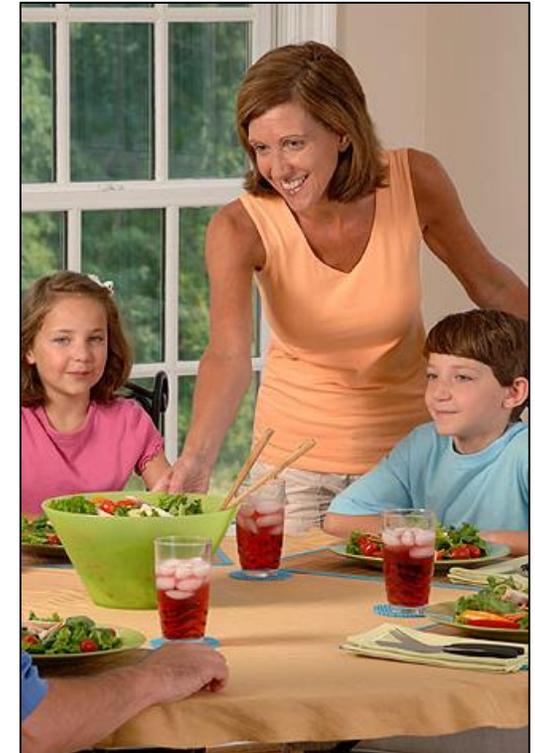


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FIT KIDS FOR LIFE

STRATEGIES FOR MOMS TO MAKE HEALTHY FOOD CHOICES FOR THEIR CHILDREN

(ideal for children 3 and over)



FIT BY J

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Fruits & Veggies for Victory

- Make veggies a part of every meal. Plan to cut the vegetables before the main course.
- When it comes to veggies, combine colors! Go for dark-green, red, or orange vegetables at lunch or dinner.^{1,2}
- Always have these items on hand: onions, carrots, corn, red bell pepper, sweet potato, tomatoes.
- Remember the freezer makes it a breeze. Frozen fruits and vegetables are winners to have in the freezer. Go for frozen fruits with no added sugar and frozen vegetables with no added salt or fat.¹

Perfect Proteins

- Look for the lean cuts. Serve them skinless.
- Bake your proteins most of the time. Avoid frying foods.
- Work in plant sources of protein. These include beans, peas, soy products, nuts and seeds.^{#2}



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Grocery Store Go-To's

- Stock up on fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes.
- Fruits are easy, quick items with little to no prep.
- Buy whole fruit on a regular basis. Limit the amount of 100% juice you purchase.¹
- Choose frozen vegetables that do not have added fat or salt.

Back to Snack

- Swap out the sugar. Keep healthier foods at eye level, so kids avoid cookies, pastries, or candies between meals.¹
- Make a healthy pop. Instead of offering soda, add seltzer water to a ½ cup of 100% fruit juice.¹
- Know that healthful foods your child likes for breakfast and lunch are fine for snacks, too. For example, cereal with low-fat milk and fruit make a healthy snack³

Sweet Success

- Small plates are perfect. Serve desserts on small plates and cut them into small pieces.
- Go with fruits for the win. Offer whole fruit first when your kids want something sweet.¹
- Water is the way. Skip the sugary drinks. Provide water as the go-to beverage when your kids are thirsty.¹

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