

The Facts on FIVE

5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



Did you know that...

Citrus fruits are the most widely grown crops in the entire world?

Strawberries are grown in every state in the U.S. and every province in Canada?

A serving of fruit is ½ cup chopped fruit, ¼ cup dry fruit, one medium fruit, or ½ cup fruit juice?

Or that a serving of vegetables is one cup leafy greens, ½ cup chopped raw or cooked vegetables, or ½ cup vegetable juice?

Strive to make sure your child eats FIVE or more servings of fruits and vegetables per day!

Fruits and vegetables are essential for a growing child's daily diet. Naturally low in calories and fat, they're a healthy choice anytime. Fruits and vegetables are also full of water and fiber—so they help us achieve and maintain a healthy weight because they fill us up and help with digestion.

What's more, the phytochemicals (fight-o-chemicals), vitamins, and minerals in fruits and vegetables work together with fiber to benefit your health in many ways. Phytochemicals are what give fruits and vegetables their colors—that's why it's important to eat a variety of colorful produce every day.

See how colorful you can make your dinner table!

Try some fruits and vegetables like these:



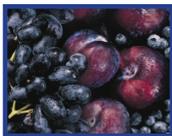
Red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates, tomatoes, spaghetti sauce, tomato juice, and tomato soup



Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, and papayas



Leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit, and limes



Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, and black currants



Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, and pears



Are canned or frozen fruits and vegetables as healthy as fresh ones?

Yes! Frozen, canned, and dried fruits or vegetables can be as nutritious as fresh produce. In some cases, when produce is frozen immediately after it's harvested, it can have more nutrients than fresh. So don't worry about your kids snacking on a small amount of dried fruit or heating up frozen veggies for dinner. They are all good choices and count towards the recommended five servings a day. When you do choose frozen, canned, or dried products, though, try to choose those without added sugars, sauces, or seasonings.

Help your kids get their fruits and vegetables even when you're on the run.

If you make the right choices, you can even get fruits and vegetables at a fast food restaurant! Instead of burgers and fries, try salads with grilled chicken, low-fat fruit and yogurt parfait, or apple-dippers with low-fat caramel dip.

Tips for filling your family's diet with fruits and vegetables

- Get your kids involved by letting them pick out vegetables they like to eat at the grocery store. Ask them to find a new one for your family to try every week.
- Add vegetables to foods you already make, like scrambled eggs or omelets, pizza, sandwiches, lasagna, pasta dishes or pasta sauce, and casseroles. Finely chopped vegetables are hard for kids to pick out.
- Have fruits and vegetables in children's sight on the counter or in the fridge.
- Chop up vegetables so they're easy to grab and ready to eat. In fact, get your kids involved in washing, chopping, and cooking fruits and vegetables. They love to eat what they help fix, and once they learn how to do it, there's less work for you!
- Serve fruits and vegetables raw; kids often like crunchy textures.
- Offer new fruits and vegetables and old favorites together. It can take 5 to 20 tries for a child to like a new food, so if they don't like it the first time, try it again next week!
- Offer peanut butter, fat-free or low-fat dips, dressings or cheese along with fruits and veggies.
- Add berries, bananas, or other brightly colored fruits to cereal, pancakes, waffles, oatmeal, or toast.
- Jazz up salads with color and flavor by adding chopped apples, raisins, or mandarin oranges.
- Make sure there are fruit or vegetable options at every meal.
- Be a good role model! Show your kids how much you enjoy fruits and vegetables!

The Facts on TWO

5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



Did you know that...

By the time you are 65, you will have seen about 2 million ads on TV?

By the time your child is 18, he or she will have seen more than 200,000 violent acts on TV?

Children who watch more than 10 hours of TV per week are less likely to do well in school?

Make sure your child spends no more than two hours per day in front of a screen.

What is screen time? It's any time spent in front of a screen, for example, to watch television, use the computer, or play video games (not including time needed to complete schoolwork). Our kids are spending more time than ever in front of the screen—almost 6 hours per day.³ That's about 42 hours per week... more than a full time job!

How does screen time affect your child?

Too much screen time affects your child's health, and as a result, affects a lot of other areas of their lives, too. Here are some of the problems associated with spending too much time with the TV, computer, or hand-held device:

- **Kids don't get enough physical activity.** Unless your child is working out to an exercise video or doing Dance, Dance, Revolution, how often are they moving while in front of a screen? The more they watch without moving their bodies, the less time they have to get out and play or be active.
- **Kids develop unhealthy eating habits.** How often does your child grab a snack and then eat in front of the TV or get on the computer? Snacking isn't bad, but is she only doing it when she is hungry? The more TV your child watches, the more calories she will eat.
- **Kids don't perform as well at school.** The more time children spend watching TV or playing video games, the less time they spend reading or doing their homework—especially true for children who have a TV or computer in their bedrooms and use them unsupervised.
- **Kids are overwhelmed with advertising on TV.** Advertisers are targeting children to buy their products. In 2006, advertisers spent \$1.6 billion focused on advertising and marketing to children and youth. Think about the last TV show that you watched.... How many commercials were there?
- **Advertisers are getting more aggressive** and are promoting their products in the TV shows themselves, not just in commercials. Look at what your child's favorite character is drinking or eating. Do you recognize the brand?
- **Kids are exposed to violence, sex, and adult language.** Watching TV or movies, playing video games, or using the computer unsupervised may expose your child to unhealthy behaviors. How many times have you seen something on TV or in a video game that makes you cringe because of the violence, language, or sex? It's no wonder, because
 - about two-thirds of TV programs contain some violence, with an average of 6 violent acts per hour.
 - the number of programs with sexual content has doubled since 1998.
 - 68% of all TV shows include talk about sex and 35% of all shows include sexual behaviors.



What can you do?

- Help your child be more active. Turn off the TV. Encourage your child to go outside and do physical activities he enjoys.
- Help your child make healthy eating choices by learning to eat only when she is hungry and to choose healthy snacks like fruit or vegetables.
- Help your child do better in school:
 1. Move the TV out of your child's bedroom.
 2. Move the TV to a central location like the family room.
 3. Keep the TV off until dinner is over and homework is completed.
- Help your child watch programs that are safe and educational:
 1. Know how much and what they are watching by keeping the TV in a place where you can see the screen.
 2. Watch TV shows with your child.
 3. Help your child choose which TV shows, videogames, and websites they can use.
- Help your child be a smart TV watcher:
 1. Talk with your child about the shows that come on and how advertising works.
 2. Steer your child to other activities that do not involve the screen.

Tips for tuning out and turning off

Turning off the TV doesn't mean you have to stop what you are doing to watch them. You can do things together or your kids (at any age) can do activities by themselves. Kids will find something constructive to do if you give them a few ideas. There are so many other great activities your child can do with 42 hours a week than watch a screen! Try these ideas:

- Homework is always a good place to start. If you have younger children, create a craft box with safe items for them to use (crayons, markers, stickers, tape, etc.) and blank paper. If they know where it is and how to use it, they can keep themselves busy while you make dinner.
- Turn off the TV during dinner and enjoy your time together. Ask everyone around the table (this includes you) to share the best and worst parts of their day with each other.
- Let your kids help with dinner or chores around the house. For young kids, it may take a few times to get used to doing chores, but soon things will run much more smoothly.
- Point your kids to a good book, comic book, newspaper, or magazine to read, either for school or for fun. If your child can't read alone yet, read aloud to your child.
- Sign your child up for an after-school or sports program in your neighborhood or school.
- Go to the playground or walk around the neighborhood. Everyone in the family can do this together!

The Facts on ONE

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Did you know that...

Being physically active means using energy to move your body?
Getting one hour of physical activity a day is best for a strong and healthy body?

Try to make sure your child gets at least 1 hour of physical activity every day.

A physical activity is any body movement that uses energy. Do you know what that means for you and your family? The options are endless for working physical activity into your day!

Physical activity and your family

Most kids and adults don't get enough "move time" every day, but physical activity is something that you and your family can enjoy together or apart. At least 60 minutes of moderate to vigorous physical activity a day is recommended for kids and at least 30 minutes most days for adults.^{2,3}

Daily physical activity...

- Increases heart health
- Increases capacity for learning
- Helps to control weight and prevent chronic disease
- Builds and maintains healthy bones, muscles, and joints
- Boosts energy and promotes sound sleep
- Reduces feelings of stress and anxiety
- Increases self-esteem and feelings of happiness

In addition to improving their health, being physically active helps kids to develop skills like...

- Goal setting and achievement
- Getting along with others
- Leadership
- Teamwork

Sound familiar? You've probably wished all these things and more for your children. Are you ready to help them get healthy?



Tips for setting your family in motion

- Be active together. Use physical activity as family bonding time. Talk with your kids while walking the dog or shooting hoops.
- Insert physical activity into the things you do already. Park farther away from the door when going shopping. Walk to get your mail instead of driving up to the mailbox. Take the stairs instead of the elevator.
- Make it fun! When physical activity is enjoyable, both you and your kids will WANT to play!
- Start a “walking school bus” (a group of children walking to school with one or more adults) in your neighborhood so that kids have a safe, social, and supervised opportunity for physical activity.
- Set up a safe area inside your home where active play is A-OK—nasty weather is no excuse for not being active!
- Find the right fit for your kids and family. Learn which sports and activities your children enjoy and find local teams or lessons for them to participate in.
- Keep sneakers and sports equipment in your trunk so that you’re ready to play anytime, anywhere!
- Think in motion. Walk while practicing spelling words or quizzing for a test.
- Make physical activity goals a family challenge. Keep track of your minutes on a chart on your fridge.
- Take advantage of your city’s parks and recreational opportunities. Many areas have sponsored “fun runs,” walking and hiking tours, and sports leagues.
- Involve your family in chores or community service opportunities that they enjoy and get them moving.
- Choose gifts that are made for play—sneakers, balls, bats, skates.
- Schedule a regular daily time for physical activity—maybe an hour after school for backyard baseball or a family walk after dinner.
- Set your weekend in motion by planning active family fun. Try a hike, Frisbee in the park, a walk through the zoo, or a dip in the local pool.

As you can see, physical activity doesn’t just mean walking on the treadmill... it can be part of all that you do! Set your family in motion!

The Facts on **ALMOST NONE**

5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



Did you know that...

One bottle of soda (20 ounces) has about 18 teaspoons of sugar?

You'd have to bike for about one hour to burn off the calories in a 20-ounce bottle of cola?

For every additional serving of soda consumed per day, the risk of becoming obese increases by 60 percent?

Try to make sure your child drinks almost no sugary beverages.

These are drinks to which the manufacturers have added sugar, including:

- Regular sodas like cola and root beer
- Fruit drinks like lemonade and juice beverages that are not 100% fruit juice
- Sweetened iced tea
- Sports drinks
- Coffee drinks

Healthy alternatives to sugary drinks are beverages such as fat-free or 1% low-fat milk and small amounts of 100% juice, which are rich in vitamins, minerals, and other nutrients—things that are good for the health of your children and entire family. And the best and easiest healthy option - WATER!

What is the big deal?

We all like to drink a soda now and then—and that's okay. But kids today are drinking too much soda. Soft drink consumption has more than doubled since 1971. The average teenage boy drinks 2 12-ounce sodas per day, adding up to more than 700 cans per year. The average teenage girl drinks 1.4 12-ounce sodas per day, adding up to more than 500 cans per year.⁵

We want our kids to have healthy teeth. Sugary drinks also can cause tooth decay. In addition to the extra calories, drinking too many sugary drinks poses a risk for cavities because of their high sugar content. These drinks may also erode tooth enamel because of their acidity.⁶

We want our kids to have strong bones. When kids drink more sugary drinks, they drink less milk. Calcium and vitamin D are important, but only 14.1% of high schoolers drink three or more glasses of milk a day. So let's help them get more fat-free or 1% low-fat milk and grow healthier bones.



We want our kids to eat and drink foods that make their bodies strong. Sugary drinks don't have nutrients that children need to grow strong bodies. That is why water, fat-free or 1% low-fat milk, and 100% juice are important options to offer your children and family.

We want our kids to have a healthy weight. We all want what is best for our children and that includes a healthy body. Sadly, about 40% of Delaware kids have an unhealthy weight. Sugary drinks are a part of the problem:

- Researchers have linked the daily consumption of even one sugary drink to a 60% increase in the risk of unhealthy weight. Diet soft drinks (sugar-free) do not seem to cause overweight, but most kids don't choose these drinks.
- What child considers sugary drinks a dessert? With so many empty calories, sugary drinks should be considered the same as a dessert food—something you eat or drink only on special occasions.
- Many of us know a friend or family member who has Type 2 diabetes. An alarming number of children are now being diagnosed with Type 2 diabetes.⁹ No one would want their children to have to deal with this disease when they are older or especially NOW. Sugar-sweetened beverages are the leading source of added sugars in the United States diet and have been linked to type 2 diabetes. It's more important than ever to help our kids make healthy choices.

Help your family to drink **ALMOST NO** sugary beverages!

This may not be the easiest conversation. Some kids (and other family members) may not understand why you are making this change. Let your entire family know why having fewer sugary drinks is important, and get them to help you come up with strategies that make sense for everyone in your family.

Tips for making easy changes

- **Change what you drink with meals.** Serve water or fat-free or 1% low-fat milk during mealtime and snacks. Let your children decide which of these healthy options they would like to drink.
- **Start at home.** When you go shopping, buy healthy drinks instead of sugary drinks. This way, while they are at home, it's not easy for your kids to grab a soda any time of the day.
- **Support your kids when they make healthy choices.** If they ask for water or low-fat milk instead of sugary drinks, cheer them on. You can say things like, "Excellent choice!" or "It really pleases me when you ask for..." or "Give me a high five for choosing...."
- **Water with a twist.** Make your drink ½ juice or sports drink and ½ water or sparkling water. This decreases the overall sugar content and calories.
- **When thirsty, THINK WATER.** Keep water on hand to quench your thirst when you are out and about to avoid grabbing those convenient but sugary drinks.
- **The ultimate challenge.** Can you do it? Limit sugary drinks for each person in the family to one or two a week. If you are able to do none at all, that is great. But limiting them to only one every now and then is pretty good too!