

# Eat right Be active.



## Tips for Healthy Living

*It's amazing what the right foods and exercise can do for your overall health and well-being. Here are some easy tips to help you and your family live a healthy lifestyle.*

**HEALTHY EATING** contributes to overall healthy growth and development, including healthy bones, skin, energy levels, and a lowered risk of a variety of health issues and diseases<sup>1</sup>.

The good news is students who participate in school breakfast, lunch and snack programs are offered nutrient-rich foods that follow the USDA's recommendations for nutrition.

### HERE ARE SOME TIPS FOR EATING HEALTHY AT HOME:

- **Whole grains:** Make half your grains whole, such as whole wheat bread, oatmeal and brown rice.
- **Veggies:** Choose dark green and orange varieties like spinach, broccoli, carrots and sweet potatoes.
- **Fruit:** Fresh, frozen, canned or dried fruits are good for meals and snacks.
- **Calcium-rich:** Low-fat and fat-free dairy products help build strong bones.
- **Lean protein:** Lean meat, chicken, turkey and fish, as well as dry beans and peas are great sources of protein.
- **Oil:** Healthy oils are part of a balanced diet. Eat fish, nuts and liquid oils such as corn, soybean, canola and olive oil.
- **Limit sugar:** Make sure "sugar" isn't the first ingredient listed because added sugar products have few, if any, nutrients.

**BEING ACTIVE** for 30-60 minutes on most days can help you build strength and fitness, relax and reduce stress, gain more energy, and improve your sleep. Exercise also decreases your risk of heart disease and other conditions such as colon cancer, diabetes, osteoporosis, and high blood pressure<sup>2</sup>.

### GET THE WHOLE FAMILY INVOLVED AND COMPLEMENT YOUR STUDENT'S AT-SCHOOL PHYSICAL ACTIVITIES WITH FUN EXERCISES AT HOME:

- **Have fun:** Do activities as a family and set a good example for your student.
- **Establish a routine:** Once you get into the groove, you'll look forward to feeling good about your exercise routine.
- **Dedicate time every day to physical activities:** At least 30 minutes a day for adults and 60 minutes a day for children is recommended.
- **Use the stairs:** You don't need a gym membership to exercise. Use household items, such as canned goods, to "pump some iron."
- **Limit TV and computer time:** Get up. Walk around. Just move!
- **Drink plenty of fluids:** Replenish your body with a steady supply of water.



1U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 6th Edition, 2006. Washington, DC, U.S. Government Printing Office.

2Healthier US.Gov <http://www.healthier.us.gov/exercise.html>

For more information, visit [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov).

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