



# Healthy Choices for Parents of Older Children and Teens

You already do many healthy things for your family. Look at the choices below for 1 or 2 new choices you are interested in making.

## Healthy nutrition for my family:

- Assist my children and teens in learning about portion and serving sizes
- Offer only healthy foods for meals and snacks
- Offer choices only among healthy choices
- Offer only 100% fruit juice and eliminate all sugared fruit drinks and soda pop
- Continue preparing and offering rejected foods to help dietary variety for my family
- Avoid purchasing high fat, low nutrition foods such as French fries, chips, and candy
- Provide low fat or fat free milk daily, 3-4 8-ounce glasses per day
- Offer 5 or more servings of fruits and vegetables each day
- Limit fast food to no more than twice per week; chose healthier options when eating out
- Read food labels and avoid foods high in trans fat or saturated fat
- Provide whole grain foods for at least half of grain intake
- Encourage drinking water in place of sugared beverages

## Healthy home eating habits:

- Have family meals as often as possible
- Do not allow TV during meal time; talk together instead
- Prepare older children and teens to select a healthful diet, prepare meals, and limit portion sizes
- Serve as a role model for healthful eating
- Encourage eating breakfast daily
- Educate myself about normal changes in my child's growth and accompanying changes in appetite
- Advocate for healthful food choices in our school cafeteria and vending machines

## Active together for health:

- Limit all forms of screen time to no more than 2 hours per day
- Monitor what is viewed on TV and the balance between screen time and physical activity
- Do not place a TV in the bedroom
- Serve as a positive role model by being physically active myself
- Support participation in teams and groups at school, church, and in the community
- Participate in activities together as a family; play together
- Arrange transportation for participation in activities if I cannot provide transportation
- Advocate for physical activity in our schools
- Ensure a regular sleep schedule and adequate sleep time each night, a minimum of 8-hour nightly

## Re-energizing myself:

- Talk with a health professional if I feel sad, blue, or if there are family stresses for which I need help
- Accept help from family and friends
- Take time to read, relax, exercise, or get out of the house to restore energy most days of the week
- Take time to be with my spouse or partner, friends or family at least once each week

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