

# Focus on Health

School Year 2017-18

## Nutrition and Physical Activity

### Nutrition

Everything you eat and drink over time matters. Start with small changes to make healthier choices in food and beverages that you can enjoy. Recommendations from the 2015-20 Dietary Guidelines include:

- Make half your plate fruits and vegetables.
  - Focus on whole fruits.
  - Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk, cheese or yogurt.
- Vary your protein routine (seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products)
- Drink and eat less sodium, saturated fat, and added sugars.

For more recommendations and information on healthy eating, go to the Dietary Guidelines 2015-20 at <https://health.gov/dietaryguidelines/2015/guidelines/table-of-contents/>

### DID YOU KNOW?

*Healthy food for kids start with breakfast:*

*Kids who eat breakfast everyday concentrate better in class, have more energy during the day, and score higher on tests.*

*Boil some eggs at the beginning of the week and offer them to your child along with low-sugar, high protein cereal and an apple to go.*

### Physical Activity

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate or vigorous aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

### DID YOU KNOW?

*Activity adds up! Here's one way to get your 60 minutes:*

*10 minutes – Walking/biking to a friend's house*

*+ 30 minutes – Shooting hoops*

*+ 20 minutes – Dancing*

*= 60 minutes of activity!*

### Resources

#### Kids Health from Nemours

- **Fitness and Your 6 to 12 Year Old** <http://kidshealth.org/en/parents/fitness-6-12.html?WT.ac=p-ra>
- **Fitness and Your 13 to 18 Year Old** <http://kidshealth.org/en/parents/fitness-13-18.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#>



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