

Nutrition and Exercise Resources

5210:

5 or more fruits and vegetables

2 hours or less recreational screen time (keep TV/computer out of bedroom)

1 hour or more of physical activity

0 sugary drinks, more water and low fat milk

Diet:

- “**MyPlate**”- aim for each meal to have approximately $\frac{1}{2}$ plate of vegetable + fruit, $\frac{1}{4}$ lean protein and $\frac{1}{4}$ complex carbohydrate
- 3 meals and 1-2 small balanced snacks a day
- Drink only water and moderate amount of low fat milk, no juices/sodas/sports drinks
- Watch portion size

Exercise:

- Aim for > 20 minutes of daily aerobic (sweaty, increased heart rate) exercise daily (in addition to school gym class)
- Take stairs whenever possible
- Consider using a fitness monitor, exercise tracker
- Incorporate non-food related positive reinforcements for goals achieved (i.e. # of steps a day)
- Consider limiting non-school related screen time to amount of time spent exercising/in a fitness related activity.

<http://www.choosemyplate.gov>

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

<http://www.weigh2rock.com>

Weigh2Rock! offers online health and weight loss education, an online support community of several thousand overweight kids, teens, and parents from around the world, and self-managed personal weight loss charts and goal setting.

<http://www.kidnetic.com>

A cool interactive website for kids, parents, health care professionals, and educators. All components of Kidnetic.com promote healthy eating and active living in a way that is fun and relevant in the 9-to-12-year age group.

<http://www.niddk.nih.gov/health-information/health-communication-programs/win/Pages/default.aspx>

The Weight-control Information Network (WIN) was established in 1994 to provide the general public, health professionals, and the media with up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues.

<http://www.niddk.nih.gov/health-information/health-topics/weight-control/take-charge-your-health/Pages/take-charge-your-health.aspx>

This booklet gives you small and doable steps that may help you get healthier. In this booklet, you will find five main sections:

- 1 **Know How Your Body Works** explains how your body uses the food you eat and how physical activity and other tasks help your body "burn" food.
- 2 **Charge Up with Healthy Eating** includes tips to help you plan for healthy eating.
- 3 **Get Moving** gives you some ideas for being physically active in fun ways.
- 4 **Take Your Time** shares some ideas to help you ease into healthy habits and keep them up for a long time.

<http://www.healthychildren.org/english/healthy-living/nutrition/Pages/default.aspx>

Academy of Pediatrics Web site- multiple articles on nutrition and fitness, including how to read food labels; understand the difference between organic, natural and health foods; diagnose and manage food allergies; and recommended servings sizes and dietary requirements for children.

<http://www.cdc.gov/healthyweight/children/index.html>

<http://www.eatright.org>

Academy of Nutritionists and Dieticians-Food, health and fitness resources for kids and parents

Books:

FIT KIDS: A Practical Guide to Raising Healthy and Active Children—From Birth to Teens.

M.L. Gavin, S.A. Dowshen, N. Ezenberg, eds.

[http://www.amazon.com/Fit-Kids-Mary-L-](http://www.amazon.com/Fit-Kids-Mary-L-Gavin/dp/0756603498/ref=sr_1_1?s=books&ie=UTF8&qid=1429628307&sr=1-1&keywords=fit+kids)

[Gavin/dp/0756603498/ref=sr_1_1?s=books&ie=UTF8&qid=1429628307&sr=1-1&keywords=fit+kids](http://www.amazon.com/Fit-Kids-Mary-L-Gavin/dp/0756603498/ref=sr_1_1?s=books&ie=UTF8&qid=1429628307&sr=1-1&keywords=fit+kids)

Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight

Melinda Sothern, PhD, MEd, CEP, T. Kristian von Almen, PhD, and Heidi Shumacher, RD, LDN, CDE.

[http://www.amazon.com/Trim-Kids-Thousands-Children-](http://www.amazon.com/Trim-Kids-Thousands-Children-Healthier/dp/0060934174/ref=sr_1_1?s=books&ie=UTF8&qid=1429628388&sr=1-1&keywords=trim+kids)

[Healthier/dp/0060934174/ref=sr_1_1?s=books&ie=UTF8&qid=1429628388&sr=1-1&keywords=trim+kids](http://www.amazon.com/Trim-Kids-Thousands-Children-Healthier/dp/0060934174/ref=sr_1_1?s=books&ie=UTF8&qid=1429628388&sr=1-1&keywords=trim+kids)

Ending the Food Fight.

David Ludwig

http://www.amazon.com/Ending-Food-Fight-Healthy-Weight/dp/0547053681/ref=sr_1_1?ie=UTF8&qid=1429627335&sr=8-1&keywords=ending+the+food

How to Get Your Kid to Eat...But Not Too Much.

Ellyn Satter

http://www.amazon.com/How-Get-Your-Kid-Eat/dp/0915950839/ref=sr_1_1?ie=UTF8&qid=1429627229&sr=8-1&keywords=how+to+get+your+child+to+eat+but+not+too+much

Your Child's Weight, Helping Without Harming

Ellyn Satter

http://www.amazon.com/Your-Childs-Weight-Helping-Without/dp/0967118913/ref=sr_1_1?ie=UTF8&qid=1429627261&sr=8-1&keywords=your+childs+weight+helping+without+harming

Food Rules, An Eater's Manual

Michael Pollan

http://www.amazon.com/Food-Rules-Eaters-Michael-Pollan/dp/014311638X/ref=sr_1_1?ie=UTF8&qid=1429627204&sr=8-1&keywords=food+rules

Red Light, Green Light, Eat Right

Joanna Dolgoff

http://www.amazon.com/Red-Light-Green-Eat-Right/dp/1605294845/ref=sr_1_2?ie=UTF8&qid=1429627151&sr=8-2&keywords=red+light+green+light

Guide to Your Child's Nutrition

William H. Dietz & Lorraine Stern

http://www.amazon.com/American-Academy-Pediatrics-Childs-Nutrition/dp/0375501878/ref=sr_1_1?ie=UTF8&qid=1429627178&sr=8-1&keywords=guide+to+your+childs+nutrition

Health and Fitness handouts:

<http://www.letsgo.org/wp-content/uploads/096HCTab06bD3-Take-It-Outside-BW.pdf>

<http://www.letsgo.org/wp-content/uploads/105HCTab06bD4-How-Much-Sugar-Do-You-Drink.pdf>

<http://www.letsgo.org/wp-content/uploads/083HCTab06bD15-Understanding-Food-Labels-BW.pdf>

<http://www.letsgo.org/wp-content/uploads/079HCTab06bD11-Tasty-Snacks-for-Healthy-Kids-DOUBLE-SIDED.pdf>

<http://www.letsgo.org/wp-content/uploads/078HCTab06bD10-Go-Foods-Slow-Foods-Whoa-Foods-COLOR-DOUBLE-SIDED.pdf>

<http://www.letsgo.org/wp-content/uploads/072HCTab06bD4-The-Fittest-Food.pdf>

<http://www.letsgo.org/wp-content/uploads/076HCTab06bD8-Whats-a-Healthy-Portion.pdf>