



HELPING KIDS BE MORE ACTIVE

Children need about 60 minutes of physical activity a day, but many exercise as little as two times a week—or less—according to scientific studies. Here are a few ways to get your kids moving:

- Limit TV and recreational computer time
- Plan family activities that involve walking—a trip to the zoo, a hike, a visit to the local park, or a museum expedition
- Assign everyday active chores like making beds, washing the car, gardening, or vacuuming
- Encourage participation in school-sponsored sports and outdoor play
- Act as a role model—be an example for your kid

Remember: Even short 5- or 10-minute activity sessions throughout the day add up and are just as good as 20 minutes at a time.

Healthy Habits, Healthy Kids



HEALTHY SNACKING

Children, with their small stomachs and high-energy needs, actually should have about 2 snacks a day, in addition to 3 meals. The key to making snacking healthy: Skip the cookies and chips, and pick healthier options instead. Here are some guaranteed nutritious options:

- Yogurt with fruit
- Melon balls
- Low-fat pudding
- Low-fat granola bars
- Crackers spread thinly with peanut butter or bean dip
- Popcorn
- Flavored rice or popcorn cakes
- Frozen juice bars
- Crackers with cheese (low-fat for children over 5)
- Fortified cereal with milk
- Celery or apple slices with peanut butter
- String cheese
- Graham crackers
- Apple slices with cheese
- Pretzels
- Dried fruit



A HEALTHY LUNCHBOX

Trimming empty calories from lunches is a snap. Try introducing these healthy foods into your child's lunchtime routine:

- Water, a can of vegetable juice, or 1% milk
- Whole wheat bread, bagels, pita pockets, or tortilla wraps
- Individual servings of fresh fruit, unsweetened applesauce, or canned fruit in a light syrup or its own juice
- Low-fat yogurt, calcium-fortified orange juice, or low-fat cheese
- Baked chips, pretzels, Cheerios, breadsticks, popcorn, rice crackers, or other low-fat crackers
- Low-fat or fat-free turkey breast, bologna, chicken breast, ham, or roast beef
- Graham crackers, dried fruit, trail mix, granola bars, fig bars
- A high-fiber breakfast bar
- When preparing powdered soft drink mixes, reduce the amount of sugar by replacing 1 cup of sugar with 1 cup of SLENDA® No Calorie Sweetener, Granulated or (1) SLENDA® QUICK PACK™ No Calories Sweetener Pouch.

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