



Ideas on how to limit sugar-sweetened drinks

- Bring bottles of water for lunch to school or work.
- Keep plenty of bottled water in the refrigerator at all times. Add lemon, strawberries, cucumbers, peaches to water.
- Check the nutrition label for drinks that have very little sugar.
- Start limiting high sugar drinks at a young age. Don't have soda or sugary drinks in the house. If kids don't see it, they won't ask for it. By the time they start school they should be used to healthy drinks and won't crave sugar.
- Don't buy any soft drinks or sugar-sweetened drinks. Out-of-sight, out-of-mind, hopefully.
- Start by changing one sugary drink a day to water.
- Limit sodas to special occasions.
- One way to wean off the soda is to mix seltzer water, (usually under \$1 for two liters) and mix it with a favorite flavor of juice, gradually reducing the juice. Kids call this "bubble juice"! Very cost effective! Put \$1 in a jar every time you don't have a soda or other sweet drinks and see how much money you do save drinking water or your "bubble" alternative for a week or longer. It adds up!
- Decide how much is appropriate for the day and consider that as part of your daily choices. Drink milk and water all the rest of the day. Planning helps make it seem more like a treat and you will feel less deprived.





Ideas on how to get 1 hour of activity everyday

- Engage in physical exercises while watching news on television, such as walking on treadmill or doing stretching exercises.
- Play twister[®] – my family’s favorite!
- We chase the dog when he escapes. It all adds up!
- Walk to the library or ride your bike. Go to the mall. Take your child to the park. Walk.
- Go for walks. Play catch. If you are lucky to have a swimming pool, teach your children how to swim. Simply just play and enjoy the wonderful Florida weather. Bicycle. Tired kids will sleep much better.
- Play music in the house and dance.
- Enroll kids in after school programs like taekwondo so they get their physical activity during the week.
- Walk your pet more often.
- Have a hula-hoop or jump rope available. Use them for 5 or 10 minutes at a time throughout the day. When getting the mail in the afternoon, take a walk around the block.
- Play “Simon says.” Simon says jump 10 times. Simon says squat 10 times. Simon says turn around 10 times.
- Play games that involve a lot of jumping, running, chasing & swimming.





Ideas on how to limit screen time to less than 2 hours a day.

- Take a family walk around the neighborhood after dinner.
- Pull out photo albums. Try Game night. Plan family time. Hide the remotes and hand held devices, they will never know. Create school day rules. Do not have the TV on as this will tempt them to get in front and watch. Try to be an example - if kids see you reading, they are likely to want to read, too.
- Have family discussions without the television on, or at least turn off the television during dinner time. When you arrive home, try not to turn on the television at all. With quiet time you get a chance to hear each other without distractions. When you talk more with each other you may discover hidden secrets, desires or dreams within your family.
- Involve your kids with household chores. Teach them the love of reading and cooking.
- Have kids go to bed early. They need lots of sleep for brain development and growth.
- Keep them entertained with other things like talking about how their day went.
- Pick one show or movie per day you and your family all enjoy that you can all watch together.
- Have family board game time, family activity game time, and family reading time.
- Make the family go outside! Take up kayaking or fishing.
- Turn off the TV, computer, cell phones and other hand-held devices at a certain time every day.





Ideas on how to get 5 servings of fruits and vegetables everyday.

- Serve fruit as a dessert right after dinner.
- Before fresh fruit starts to become over ripe, freeze it for smoothies. Buy larger volumes of very ripe in-season fruit (inexpensive) and freeze it for the same reason.
- Include salads every day with meals. You can add strawberries, orange slices, bananas or mango pieces to salads to change it up.
- Add veggies to pizza. Get a hot pizza to-go and add onions, peppers or left over eggplant with tomato sauce.
- Serve fruit at all meals and veggies at lunch and dinner. When offering juice, give only 100% juices and just a 4 ounce portion. Put vegetables in sauces. Always have washed fruit and cut up vegetables in the refrigerator that are easy access for grab and go. Keep hummus available to dip vegetables in and send vegetables that are easy to eat in lunches.
- Bring fruit with you for a snack during the day. Pack fruit inside your child's lunch box. Give them fruit as a treat instead of chips or sugared snacks.
- Make a fruit and/or vegetable smoothie. Add spinach or vegetables to your eggs in the morning. Try fruit for dessert such as oranges with honey.
- When packing a lunch, make sure that you have a vegetable and a fruit for a snack. Always have a vegetable with dinner. A large amount can equal two servings if necessary. Planning ahead for the week at the grocery store and planning ahead for the next day when making your lunch really helps.
- Leave baby carrots on the table for snacking. For those who prefer to dip their fresh veggies in something, have the low-fat versions of the "dipping" dressing available at all times as well.
- When fresh isn't readily available and you are still looking for a particular fruit or veggie, buy frozen in bulk such as corn, strawberries, soybeans, etc. for recipes, especially soups, smoothies, or stir-fry.
- Try to go to the local produce stands for fresh fruits and veggies! Also try different vegetables with tacos, stews, fruit salads, veggie pizzas, kabobs with chicken, beef, vegetables, and fruit on the grill. Add fruit on top of your evening ice cream.

