



5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

First things first – breakfast!

Breakfast is an important meal – DON'T SKIP IT!

It gives you energy for the day and helps you pay attention in school. Some good choices include:

- Cereal, oatmeal
- Yogurt, fruit, granola bar
- Eggs
- Whole grain toast with peanut butter
- Fruit smoothie

Lunch reboots your energy

Whether you pack your lunch at home or buy it at school, try to eat a balanced meal with a fruit, vegetable and protein source.

- Sandwich with whole grain bread & turkey, ham, chicken, lean roast beef
- Fruit, fruit cup with no added syrup
- String cheese, yogurt, cottage cheese
- Baby carrots, cooked veggies

Lunch Checklist

- fruit veggie protein

What's for dinner?

Dinner time should be family time! It's a great time for everyone to sit down at the table and eat together. There are great resources online for planning balanced meals, cooking kid-friendly foods and making the most of what's in the fridge. A few ideas:

- Grilled chicken vegetable stir-fry with brown rice
- Whole wheat spaghetti with sauce
- Fajitas with grilled chicken strips and wheat tortillas

Snacks can be healthy

Snacks are okay, as long as you make a healthy choice.

- Apple dipped in peanut butter
- Yogurt and piece of fruit
- Crackers with cheese or peanut butter
- String cheese
- Carrots, celery, or broccoli dipped in light ranch dressing

RESOURCES: www.myeatssmartmovemore.com. Eat Smart Move More North Carolina is an awesome resource! It has information on portions, meal ideas, recipes, eating veggies and "rethink your drink."

