

KIDS Healthy Newsletter

Do you know that making some simple changes in two areas of your life can transform your health?! Choosing the right foods to fuel your body and getting up and moving can give you the gift of WELLNESS. Not to mention that it prevents various forms of cancer, cardiovascular disease, high blood pressure, and makes you feel good!



EAT RIGHT

There are three types of foods: **GREEN** light foods, **YELLOW** light foods, and **RED** light foods.

GREEN foods are “GO” foods – Fruits and vegetables. You can eat as much of these as you want.

YELLOW foods are “Slow Down” foods – Lean meats, whole grain pasta/bread/rice/tortillas, eggs, cheese, nuts/seeds, ect. These foods are okay to eat every day, but don’t eat too much.

RED foods are “Stop and Think” foods – These are special occasion foods like cookies/candy/cakes; frozen yogurt, chips, sugary beverages, doughnuts, processed meats. Before eating them, you should consider making a different choice or eating a smaller portion.

When talking with your kids about healthy food choices, use words or phrases like, “grow strong foods”, “keep you from getting sick foods”, or even “beautiful hair foods”. These mean more to a child than “healthy foods”.



GET MOVING

You don’t have to be on a sports team to get exercise. Walking the dog, throwing a frisbee, jumping rope, swimming, or having your very own dance party in the living rooms are all forms of physical activities to get exercise. Make it fun and enjoyable! You’re not only exercising, you’re nurturing your relationship with your child. It really can’t get better than that.

Try to get in an hour of physical activity a day. Write your ideas on a calendar so you don’t forget them. Most important rule is to HAVE FUN!!

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