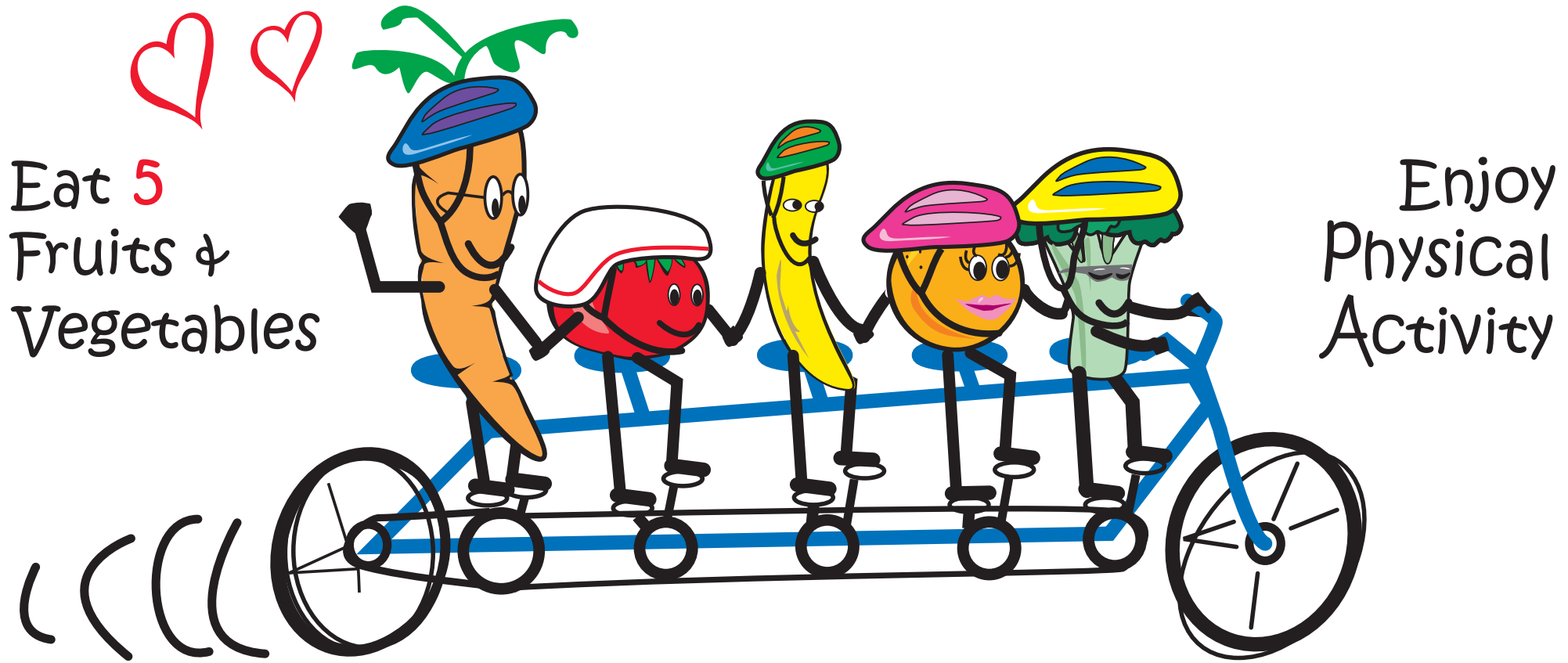


Have Fun and Be Healthy



For more nutrition information, call 1-800-696-9644

A message from the California Department of Health Services funded by the U.S. Department of Agriculture.
This institution is an equal opportunity provider.

How can I help my family to “Have Fun and Be Healthy?”

Circle some things that you can do with your family to be healthy.

HEALTHY EATING

- Serve 3 healthy meals and 1-2 snacks at regular times every day. Serve only water in between meals and snacks.
- Eat breakfast daily.
- **Plan what foods and when your child will eat. Let your child decide how much to eat.**
- Serve fruits and vegetables 5 times every day.
- Do not bring junk foods into the house. Out of sight—out of mind!!
- Eat home cooked foods together as a family.
- Serve low-fat milk foods with meals or for snacks (whole milk only for children under two).
- Limit fruit juice to 6 ounces/day.
- **Do not buy or serve sweetened drinks or sodas.**
- Wean children from the bottle at one year of age.

PHYSICAL ACTIVITY & FUN

- **Show children how to be healthy by setting a good example. Eat well, have fun and be physically active yourself!**
- Limit TV, video and computer time to less than 2 hours/day.
- Turn off the TV or any other distraction while eating.
- Plan 30-60 minutes of family physical activity every day.
- Sing, dance or take a few deep breaths to relax throughout the day.
- Bring joy and laughter to your household. Lighten up your life and family time with a smile.
- Be positive.



BALANCED LIVING & HEALTH

- Avoid addictive substances or behaviors like alcohol, drugs, overeating or smoking.
- Help your child soothe himself/herself without food. Rock or hold your child through his/her discomfort. It will pass quickly with your help.
- Talk about feelings like anger and sadness.
- Wash hands often. Keep the house clean and “clutter free.”
- Plan to get enough rest and quiet time every day.
- Be safe. Fasten seat belts. Put on a bike helmet.
- Practice setting limits and/or saying “no” with love.



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