

Healthy Weight Management: A Project for the Whole Family

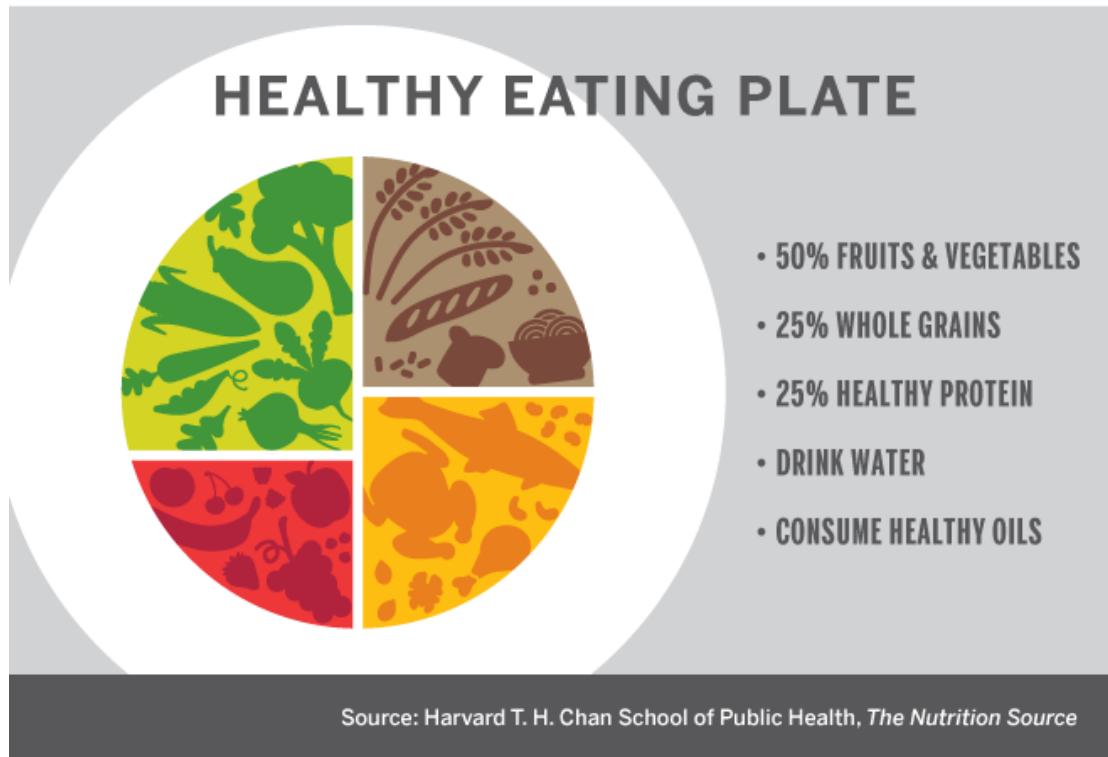
5210 Every Day!

5 or more servings of fruits & vegetables

2 hours or less recreational screen time

1 hour or more of physical activity

0 sugary drinks, more water & low fat milk



Make breakfast your most important meal of the day.

-get started on the right foot, switch up breakfast and dinner portions

Ensure there is protein in breakfast and snacks.

-protein keeps you full longer and helps to avoid unnecessary extra calories

Eat slowly, put your fork down between bites.

-lets your body signal you are full before you are overfull, enjoy your food

Avoid eating in front of the TV.

-eating in front of the TV leads to overeating, besides family dinners make for great conversations with your children

Avoid fast foods.

Make a list of all the changes you can make big and small: exercise, screen time, dinner plate variety, portion control, etc. Implement one change and add a new change each week.