

# RIGHT BITE

YOUR NEWSLETTER  
FOR BETTER EATING

EAT SMART, BE ACTIVE | FCS215



## ENJOY LIFE

Eating healthy and being physically active can help you and your family enjoy life. By making healthy choices, not only will you feel better, you can also reduce the risk of heart disease and other health problems like diabetes and obesity. Remember... children often “inherit” their family’s lifestyle. If you do active things and have healthy eating habits, chances are your children will too.

## GET MOVING

You and your family can be active every day just by playing together.

- Play hopscotch
- Toss a frisbee
- Create sidewalk art
- Play freeze tag
- Dance around
- Take a walk

For good health, it's recommended for adults to be active at least 30 minutes most days of the week, and for children to be active at least 60 minutes most days of the week.

## ROUTINE FAMILY MEALS MAKE A DIFFERENCE

Research shows that families that eat together make all-around healthier choices. Here are 5 tips for making family meals part of your regular routine.

- ✦ **Set a regular family mealtime.** Children of all ages eat and grow best when they have predictable family meals.
- ✦ **Keep it simple.** This will give you a chance to spend less time in the kitchen and more time at the table.
- ✦ **Let your children help.** Children are more likely to eat food if they help choose and prepare it. When meal planning ask them if there is a meal they would like to have during the upcoming week.
- ✦ **Sit down at the table together.** Turn off the TV and avoid using the phone so you can talk and listen to each other.
- ✦ **Slow down the pace of eating.** It takes 15–20 minutes for the stomach to send signals to the brain letting you know you are full. People who eat more slowly are less likely to overeat.

## 2 WAYS TO EAT SMART & BE ACTIVE

You don't have to give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron, and calcium from a variety of foods. **Balancing food choices** will help you get all the nutrients you need.



Intentionally **working-out** – when you're breathing hard and sweating – helps your heart pump better, gives you more energy and helps you and feel better. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging, or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.