



Assessment

Name:	Date of Birth:
Height:	Weight:
BMI:	BMI %:
Risk Level:	Date of Assessment:

Get on a healthy track by adding these tips to your daily routine.

Eat 5 servings of fruits and veggies every single day.

Examples:

Fruits

- Apples, bananas, oranges
- Berries, grapes
- · Pears, plums, melon
- Canned fruit (packed in 100% juice or water)



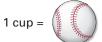
Vegetables

- · Asparagus, broccoli
- Beans, lentils, peas
- · Carrots, celery
- · Spinach, collard greens
- · Tomatoes, peppers
- · Canned veggies

Every meal should be balanced.

1/2 of plate = Vegetables, salads and fruit

1 cup of raw leafy vegetables 1/2 cup of cooked vegetables 1 cup of fruit = 1 medium apple, orange or pear



1/2 cup =



1/4 of plate = Grains, rice or bread

1 fist = 1 serving of cereal flakes



1/4 of plate = Meat, poultry or fish

A deck of cards = a portion of meat, poultry or fish



Know your serving sizes

Limit screen time to 2 hours or less.

Screen time includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- · Going to the movies
- Instant messaging or online chatting

Review provided by leading experts: American Academy of Pediatrics American Diabetes Association



Get at least 1 hour of physical activity.

Make sure an adult is there.

- · Walk to and/or from school
- · Jump rope
- · Ride a bike
- Play catch
- Jump, skip or hop to music

Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Eat 5 servings of fruits and veggies every single day.



- ☐ Read the labels on food, including labels on soda, juice and fruit-based products that have a lot of sugar.
- ☐ Involve your child in shopping and meal planning. Children may want to eat healthier meals if they help make them.
- ☐ Encourage your child to try new, healthy foods. Try one new healthy recipe or food each week.
- Avoid using food as a reward or punishment.
- ☐ Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.
- Put food on small plates, like salad plates, instead of large dinner plates.
- ☐ Eat meals at home and try to eat meals with the whole family each day.
- Avoid eating at fast-food restaurants.

Limit screen time to 2 hours or less.



- ☐ Encourage your child to be active before letting him or her watch TV, play video games or use a computer.
- ☐ Limit the time your child sits at the computer, plays video games and watches movies.
- Limit the amount of time your child can watch TV (for example, if your child gets five hours of screen time a day, limit
- screen time to four hours initially and gradually decrease screen time to two or less hours per day).
- Avoid putting aTV in your child's bedroom.
- Have "family time" after dinner and play games, tell stories or do other fun things.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.



- □ Walk 10 minutes with your child every day to make sure your family is getting enough exercise.
- ☐ Have a family contest to see who is the most active every day.
- ☐ Tell your child to play basketball, soccer or their favorite outdoor game with other children.
- Do jumping jacks or other quick activities while watching commercials with your kid.
- ☐ Go fly a kite with your kids.

- ☐ Have your kids play active games like jumping rope to music or hula hooping.
- ☐ Take your kids for a bike ride around the neighborhood.
- Wash the car with your kids.
- ☐ When you are at the mall, have your kids walk with you.
- Play inside with your child by dancing around the living room to fun music.
- Play tag with your kids.
- ☐ Have your children walk or bike to school.
- Other activities: ___

Limit sweetened drinks to 0.



- ☐ Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- ☐ Tell everyone in your family to avoid drinks that have sugar.