

Fact Sheet for Kids

5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



Did you know that...

Citrus fruits are the most widely grown crops in the entire world?

Strawberries are grown in every state in the U.S. and every province in Canada?

A serving of fruit is ½ cup chopped fruit, ¼ cup dry fruit, 1 medium fruit, or ½ cup fruit juice?

Or that a serving of vegetables is 1 cup leafy greens, ½ cup chopped raw or cooked vegetables, or ½ cup vegetable juice?

Try to eat FIVE or more servings of fruits and vegetables every day!

You know that fruits and vegetables are good for you, but do you know why? Naturally low in calories and fat, fruits and vegetables are also full of water and fiber—so they fill us up and help us digest food. Also, the phytochemicals (fight-o-chemicals), vitamins, and minerals in fruits and vegetables work together with fiber to keep you healthy. Phytochemicals are what give fruits and vegetables their colors, so that's why it's important to eat lots of colorful produce every day.

See how colorful you can make your plate!

What are some fruits and vegetables you can think of in every color?



Right-on red! Try red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates, tomatoes, spaghetti sauce, tomato juice, and tomato soup.



Yahoo for yellow-orange! Try carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, and papayas.



Go-get 'em green! Try leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit, and limes.



Blast off with blue and purple! Try eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, and black currants.



Wild for whites! Try cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, and pears.



Are canned or frozen fruits and vegetables as healthy as fresh ones?

Yes! Frozen, canned, and dried fruits or vegetables can be as nutritious as fresh produce. In some cases, when produce is frozen immediately after it's harvested, it can have more nutrients than fresh. So don't worry about snacking on a small amount of dried fruit or heating up frozen veggies for dinner. They are all good choices and count towards your five servings a day. When you do choose frozen, canned, or dried products, though, try to choose those without added sugars, sauces, or seasonings.

Get your fruits and vegetables even when you're on the run!

If you make the right choices, you can even get fruits and vegetables at a fast food restaurant! Instead of burgers and fries, try salads with grilled chicken, low-fat fruit and yogurt parfait, or apple-dippers with low-fat caramel dip.

Tips to fill your diet with fruits and vegetables

- Include two fruits or vegetables in every meal.
- Add vegetables like broccoli, peppers, or tomatoes to your eggs or omelettes. Try tomato slices on your breakfast bagel.
- Add berries, bananas, or other brightly colored fruits to cereal, pancakes, or waffles.
- Pile veggies on your pizza—the possibilities are endless...sliced tomato, mushrooms, onions, peppers, broccoli, and spinach. Sometimes you can even get pineapple on your pizza, yum!
- Instead of plain lettuce (BORING!), add color and flavor to your salad with chopped apples, raisins, or mandarin oranges.
- Order your sandwiches with lettuce, tomato, peppers, onions, or sprouts—or maybe with all of the above!
- Chop up fruits and vegetables and store them in the fridge so they're ready to eat.
- Ask your parents to buy the fruits and vegetables you like so when you feel munchy, you've got plenty of options. Try a new fruit or vegetable every week!
- Try peanut butter or fat free or low-fat dips, dressings or cheese along with fruits and veggies.
- Blend your favorite fruit with fat-free or 1% milk or frozen yogurt to make a smoothie.

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Did you know that...

The average American tween and teen spends 44.5 hours a week in front of a screen (TV, computer and video games) - even more time, in fact, that going to school (30 hours) or spending time with their parents (17 hours)?

Nearly all American youth (97%) play video games and half play on a daily basis?

1 out of 4 youth report playing video games at least two hours a day?

Try not to spend more than two hours per day in front of a screen!

What's "screen time?" It's time you spend watching TV, DVDs or videos, using the computer, or playing video games. You'll be happy to hear that "screen time" DOES NOT include time you spend on the computer doing homework. Whew!

So, not including homework, how much time do you spend in front of the screen every day? If you're like most kids, it's probably far more than the recommended two hours.⁴ Today, kids across the U.S. are racking up over six hours a day in screen time. That's about 45 hours per week—more than a full time job! ¹

Unless you are working out with an exercise video or playing WiiFit, how often are you moving while you are in front of a screen? Go outside and do something fun like catching a football, sinking a free throw, or turning a jump rope. The more TV you watch, the less time you have to be active and healthy. ⁵

Why do we always eat in front of the TV?

How often do you grab a snack and eat it while watching TV? Snacking isn't bad if you only eat when you're hungry, but are you always hungry when you eat? Researchers have found that the more you watch TV, the more you eat—especially the types of foods advertised on television, which usually aren't too healthy!

Can watching TV affect your grades?

Yes! Poor academic achievement and obesity have been linked to excessive screen time.⁶ Here's a challenge: bury your TV by reading and getting active! For each hour that you read or do physical activity (walking, basketball, skateboarding, etc.), take a small piece of paper, write down your book or activity, and tape it over your TV screen. Keep reading, being active, and adding paper until your TV is "buried" in books and activities!



Think you're just watching a show? Oh no—think again!

Every time you turn on the TV, you see commercials, right? Companies pay big money to get their ads on TV—just so YOU will see them. Advertisers spend over a billion dollars on advertising and marketing their products to you and your friends.⁷ Each year it is estimated that kids and teens see between 13,000 and 30,000 TV ads. They figure that if you see their products, you're more likely to either buy them yourself or ask your parents to buy them.

All of those things you've bought recently, from candy to chips to Big Macs to sneakers...where did you get the idea that you had to have them? Hmm...bet you've seen commercials or billboards or magazine ads for at least some of those things! Yikes! Maybe those advertisers gotcha!

Now advertisers are even promoting their products in TV shows themselves, not just in commercials. Look at what your favorite character is drinking or eating. Do you recognize the brand? Food companies spend a lot of money to get those products in the hands of that TV character. They want you to think it's cool and buy it—or grab it from your kitchen to eat while you're watching the show. Pretty sneaky, huh? Beat the sneak! Pay attention to advertisements on TV and think about what they're trying to get you to do!

Tips for tuning out—what to do instead of watching TV

- Read a really good book, comic book, or magazine that's not for school.
- Play board games, card games, or invent your own game (and your own rules!).
- Make up wild, scary, or funny stories.
- Help out around the house.
- Act out your own TV show, play, or story.
- Call or visit your family and friends.
- Do some arts and crafts—paint, draw, sculpt, or make bead jewelry.
- Listen to music and have a dance party!
- Volunteer to help out in your community.
- Hang out with your friends and play sports, walk in the park, or go to the pool or skating rink.
- Hang out with parents... who knows? They may have something interesting to say today.
- Join a sports program in your neighborhood.
- Ride a bike, scooter, skateboard... anything without a motor.
- Turn off the TV during dinner and ask each person in your family about their day.

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Did you know that...

Being physically active means using energy to move your body?

Getting at least one hour of physical activity a day is best for a strong and healthy body?

Try to get at least one hour of physical activity every day!

You don't have to do the same thing for a whole hour. You can do as many different activities as you want and add up the minutes to meet your goal of one hour!

For example, add up:

20 minutes for walking to school
+
20 minutes for shooting hoops with friends
+
10 minutes for raking the leaves
+
10 minutes for walking your dog
<hr/>
= 60 minutes (1 hour)

Fun facts about physical activity³

- It keeps your body healthy so you can run faster, think better, and feel great!
- It's good for your heart! When you make your heart beat faster, it gets stronger.
- It makes your bones and muscles strong because they work hard to keep your body moving.
- It can give you energy and help you to feel better when you're sad or worried.
- You can help your family and be physically active at the same time! You can jump to reach the high spots when you help to wash the car, pretend you're lifting weights when you put away the groceries, shoot baskets when you throw your dirty laundry in the hamper, and sing and dance with a broom microphone when you sweep the deck! You can be a great role model for your family by showing them easy ways to get active.



Physical activities you can do with your friends or family

Tip: Put a check next to your favorite physical activities, and put this list on the fridge where you and your family can see it.

Go on a scavenger hunt
Make an obstacle course
Play capture the flag
Play tag
Play kickball
Set up a field day

Play catch
Play 4-square
Play volleyball
Play touch football
Play street hockey
Throw a Frisbee

Physical activities you can do by yourself

Rake leaves
Shovel snow
Do jumping jacks
Ride your bike
Hula Hoop
Play hopscotch
Take your pet for a walk (not your turtle, though, he might get tired!)
Jump rope
Walk, skip, jog, or run

Shoot hoops
DANCE!
Roller skate (be sure to wear pads and a helmet!)
Walk or run on the track at school
Play hacky sack
Skateboard
Swim
Do push ups or sit ups
Go to the YMCA and take a class
Take a martial arts class

What if it's raining outside?

Puddle jump and see who can make the biggest splash
Dance to your favorite music
Borrow your mom's exercise video and work out
Play Wii Fit or other exercise related video games

Keep track of your physical activity

Use the chart below to keep track of your activity and the time you spent doing it. Try for one hour a day!
You can make copies of this chart to use for the future since you will probably fill it up fast.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Whiffleball 1 hour						
Week 2							
Week 3							
Week 4							

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Did you know that...

A regular can of soda (12 oz.) has 10 teaspoons of sugar and 150 calories? A large soda (32 oz.) has 26 teaspoons of sugar and 310 calories.

You'd have to bike for about an hour to burn off the calories in a 20-ounce bottle of cola?

American kids drink twice as much soda as they do milk?

Try to drink almost no sugary beverages

Why is drinking fluid important to keep your body healthy? Because drinks are mostly water, which is an essential nutrient for all living things. But not all drinks are good for you—sugary drinks are like liquid candy! They contain sugar that was added by the company that made them. Most of us think sugary drinks taste good, but did you know that too much sugar is bad for your body?

Too much sugar can...

Cause cavities in your teeth

Make you gain more weight than you should

Can you guess what some sugary drinks might be?

Any soda except for diet sodas

Any juice that doesn't say "100% juice" on the bottle

Sports drinks

Sweetened iced teas

Sports drinks—are they a slam-dunk for your body?

Sports drinks are made by mixing water with sugar and food coloring. A 20 oz. sports drink has 80% of the sugar you should have in one day. Sometimes they have added nutrients that your body needs, but it is better to get these nutrients from fruits, vegetables, and 100% juice.

Get your boost from 100% juice!

100% juices have natural sugars and vitamins in them—things that come straight from the fruits and vegetables they are made from. This is why drinking small amounts of 100% juice can be good for you! If a bottle says "100% juice" it means that all of the liquid comes straight from the fruit or vegetable and nothing else was added by the company that made it, like sugar or chemicals. The next time you have a juice drink, check to see if it says "100% juice." Try not to drink more than ½ cup each day, though, since whole fruits and vegetables are much better for you than fruit juice.



Milk mania!

There are so many different kinds of milk—fat-free milk, 1% milk, 2% milk, whole milk, and flavored milk (like chocolate or strawberry). With so many choices, how do we know which milk is best? (Answers below)

1. Can you guess which milks have added sugar and which don't?
2. Can you guess which milks have the least fat in them and which have the most?

Go wild for water, the best drink of all!

What do you, the trees, and a hamster have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage. It might not seem like it, but water is the most necessary nutrient of them all—so necessary that people can't survive for more than a few days without it. When it's hot or you're physically active, it's good to drink water even when you're not thirsty. Water is your body's drink of choice because it will help to keep you healthy and full of energy!⁵

Answers to Milk Mania

1. Flavored milks have added sugar; all other milks don't!
2. Whole milk has the most fat and fat-free milk has the least. The next time you drink milk, choose fat-free or 1%!

What can YOU do to drink almost no sugary beverages?

- Set a goal—try to have fewer sugary drinks each day than you do now. If you drink two a day now, try for only one!
- Make a plan—how will you meet your goal? By buying water at school instead of a soda? Or by ordering a small soda instead of a large?
- Ask your parents not to buy sugary drinks and tell them why. If those drinks aren't in the house, making a healthy choice will be easier for everyone!
- Read drink labels before you drink them. If a drink has added sugars, find a healthier choice, or drink only one serving (the bottle may contain more).
- Choose water or fat-free or 1% milk for your drinks during the day and at your meals.
- Try to drink sodas only on special occasions, not every day.
- Put a splash of juice in a glass and fill the rest with water or seltzer.
- Make a smoothie by blending some ice and fat-free milk or yogurt with frozen fruit. Smoothies are tasty treats and are good for you!