

An Independent Licensee of the Blue Cross and Blue Shield Association.



### **Assessment**

Name:	Date of Birth:
Height:	Weight:
DMI:	DMI 0/.
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
- · Pears, plums, melon
- Canned fruit (packed in 100% juice or water)



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

# Every meal should be balanced.

#### **Portion sizes:**

- You should give one tablespoon of food for each year of your child's age
- Give 1/4 to 1/3 the size of adult portions for children under the age of 4
- Do not give children younger than four years of age round, firm food unless you chop it up so they do not choke

Size of 1 egg = 1 serving of fruits and vegetables



## 1 tablespoon = 1 serving of each

- Lean meat
- Grains, rice, bread

### **Vegetables**

Limit screen time to 2 hours or less.

### Screen time includes:

- Watching TV, videos or DVDs
- Playing on the computer
- Playing regular and hand-held video games
- · Going to the movies

# Get at least 1 hour of physical activity.

Make sure an adult is there.

- Walk with your child
  10 minutes each day
- Play catch
- Jump, skip or hop to music

# Know Your serving sizes

### Limit sweetened drinks to 0.

## Examples of sweetened drinks to stay away from:

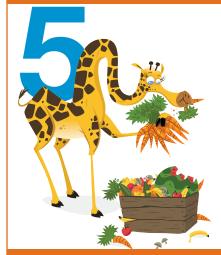
- · Soft drinks, soda, pop
- · Juice drinks
- Chocolate milk
- Sports drinks

### Instead, drink:

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



### Eat 5 servings of fruits and veggies every single day.



- ☐ Serve whole grains, fruits and vegetables at every meal.
- ☐ If you take your child to daycare, to another caregiver (e.g., "grandma") or to preschool, know the meal schedules and food types served.
- Avoid using food as a reward or punishment.
- Be a role model to your kids by choosing healthy snacks.

- ☐ Put food on small plates, like salad plates, instead of large dinner plates.
- ☐ Offer small portions of each food and allow your child to ask for more.
- ☐ Know what kinds of food you are buying by reading the labels.
- Avoid eating at fast-food restaurants.

### Limit screen time to 2 hours or less.



- ☐ Avoid putting aTV in your child's bedroom.
- Place limits on your child's television viewing.
- Limit the time your child sits at the computer, plays video games and watches movies.
- ☐ Have "family time" after dinner and play games, tell stories or do other fun things.
- ☐ Avoid eating 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 (tell your child to walk instead of sitting in a stroller).
- ☐ Plan time to go to the playground.
- Go to your local community center for family activities.
- Play tag or follow the leader.

- ☐ Turn on the radio and have your child dance, jump, twist, skip, run or hop to the music.
- ☐ Ask your child to act like a frog, bunny, cat, dog, elephant or duck.
- □ Play catch.
- ☐ Fly a kite.
- Other activities:

### Limit sweetened drinks to 0.



- ☐ Limit sweetened drinks and give water instead.
- ☐ After the age of 2, switch from whole milk to low-fat or nonfat milk 2 to 3 cups (16 to 24 ounces) per day.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.