

# Simple Steps for a Healthy Ohana



## EAT HEALTHY

# 5 FRUITS, ROOTS & VEGETABLES

Fruits, roots, and vegetables, including root vegetables such as taro (poi) and sweet potato, are packed with nutrients. To get the 5 recommended servings, most of us need to increase the amount of fruits, roots, and veggies we currently eat.

## WATCH LESS

# 2 HOURS OF SCREEN TIME

Aim for two hours or less of computer, video, and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

## PLAY MORE

# 1 HOUR OF PHYSICAL PLAY A DAY

Activity that makes your heart pump faster and your body breathe harder make you strong, helps you feel good and think clearly. Kids in active families are more likely to be active adults.

## CUT DOWN

# 0 SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch, and other fruit-flavored drinks have little health benefits. Sweetened beverages add empty calories. There are about 150 calories and 9 teaspoons of sugar in a 12 oz. soda.

## HEALTHY TIPS

- Be a role model – Include at least one fruit, root or vegetable at every meal and snack.
- When possible, avoid frying – try steaming, baking, stir-frying.
- Try-A-Bite-rule- Offer new fruits, roots, and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

## HEALTHY TIPS

- Encourage your whole family to decrease screen time to 2 hours or less each day.
- Keep the TV and computers in a central location and out of your child's bedroom.
- Enjoy your family – turn off the TV when eating and talk about the day.

## HEALTHY TIPS

- Take gradual steps to increase your physical activity level.
- Do short amounts of activity several times a day until they add up to 60 or more minutes each day.
- Physical activity should be fun – swimming, surfing, paddling, walking, running, dancing, gardening and yes, even vacuuming!

## HEALTHY TIPS

- Encourage your family to love water. Serve it. Choose it. If it's there, people will drink it. And remember water has zero calories.
- Be wary of commercials. Juice products labeled “-ade,” “drink” or “punch” often contain mostly corn syrup sweetener and less than 5% real juice.
- Avoid bringing sodas and sports drinks home. If it's there, the kids will drink it.