



Healthy NH



Eat at least 5 servings a day – more is better! Limit 100% fruit juice.



Cut TV and computer time to 2 hours or less a day.



Get active for at least 1 hour every day.



Limit soda and sugary sports or fruit drinks. Choose water and 3-4 servings of skim or 1% milk every day.



Eat Smart | Get Out | Be Active

Upper Valley Healthy Eating Active Living Partnership www.uvheal.org



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Quick Tip List



Find out how much you need

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2-1/2 cups
31-50	1-1/2 cups	2-1/2 cups
51+	1-1/2 cups	2 cups

Men

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2-1/2 cups







Girls

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1-1/2 cups
9-13	1-1/2 cups	2 cups
14-18	1-1/2 cups	2-1/2 cups

Boys

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1-1/2 cups	1-1/2 cups
9-13	1-1/2 cups	2-1/2 cups
14-18	2 cups	3 cups

Keep in mind what 1 cup or 1/2 cup looks like:

EACH COUNTS AS 1 CUP	EACH COUNTS AS 1/2 CUP
 1 large orange  1 large ear of corn  1 large sweet potato	 16 grapes  6 baby carrots  4 large strawberries

Find fun ways to add fruits & vegetables into your daily routine:

Breakfast

- Add fruit to your cereal.
- Stir in low-fat or fat-free granola into low-fat yogurt and top with apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add diced vegetables, such as tomatoes and onions, to your egg or egg white omelet.



Snacks

- Grab a piece of fruit on the go like an apple, banana, or plum.
- Pack a box of raisins in your lunch.
- Put grapes and banana slices on wooden skewers and freeze for fun "fruit on a stick."
- Munch on raw vegetables like broccoli or pepper strips, dipped in low-fat ranch dressing.



Lunch or Dinner

- Having pizza? Ask for less cheese and more vegetable toppings like onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas; brown on both sides in a pan until the cheese melts; top with salsa.
- Make sure to have at least two vegetables with your dinner – fresh, frozen, canned or dried.
- Add frozen vegetables like peas and broccoli to a casserole, pasta, even mac & cheese.



Practice how to help your kids eat more of the good stuff

- Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and veggies in small bags for easy snacks on the run.
- Serve fruits & veggies at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
- Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
- Pack the fridge, freezer, and cupboard with pre-cut, frozen, and canned vegetables so that it is easier for you to prepare meals and snacks that include veggies.
- Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with the prize of his or her choice.
- Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
- Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
- Make fruits and veggies fun. Try dressing up sandwiches with faces and smiles made from these good-for-you treats.
- Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
- Encourage friends or relatives to offer vegetables and fruits to your children.



Cut TV and computer time to 2 hours or less a day.

Screen time

Quick Tip List

- Keep TVs, DVD/VCR players, video games, and computers out of your children’s bedroom.
- Set family guidelines for appropriate subject content.
- Set a strict limit of two hours (less is best!) of screen time – this rule applies for everyone in the house.
- Help your child plan TV viewing and other screen time in advance.
- Make a list of fun activities to do instead of spending time in front of the screen – take a walk, play tag, start an art project, or read together.
- Keep books, magazines, and board games in plain sight in your family space.
- Set a good example.



Get active for at least 1 hour every day.

Physical activity

Quick Tip List

- Encourage a “1 hour rule” for inactivity in your home. The rest of the time, you should all be on the move!
- If possible, walk or bike to the store, a friend’s house, or for an errand instead of driving.
- Do an activity before and after mealtimes.
- Play with your children – jump rope, hop scotch, walk around the block, build a snowman, hide and seek, tag, kickball – get the whole family involved!
- Be active for an hour or more after school or work.
- Play with your pet outside or take him for a walk as a family.
- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same.
- Be consistent – if you decide on the “1 hour rule” or set aside a specific time for activity, stick to it.





Limit soda and sugary sports or fruit drinks. Choose water and 3-4 servings of skim or 1% milk every day.

Sugar-sweetened drinks

Quick Tip List

- Children 4-8 years should be consuming three 8 ounce glasses of milk (800 mg) or other dairy for calcium a day.
- Children 9-18 years should have at least four and half 8 ounce glasses of milk (1300 mg) or other dairy for calcium a day.
- For kids and adults, water and milk are the best choices. Not only is water free from calories, but drinking it teaches your children to accept a low-flavor, sugar-free beverage to quench thirst and re-energize the body.
- Keep bottled water or a refillable water bottle on hand.
- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Gradually make the changes from whole milk to low-fat or fat-free milk.
- Try low-fat flavored milks.
- Add fruit or cereal to your yogurt
- Top sandwiches and salads off with low-fat or fat-free cheese.





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For more helpful tips, visit the
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Partnership website: **www.uvheal.org**

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