CATCH 5 For a Healthy Weight

Drink Water Instead of Sugary Beverages

Eat Healthy Snacks

Choose Fat-Free or Low-Fat Milk or Dairy Products Daily

Eat at Least 2 Cups of Fruits & Vegetables Each Day

Move More and Sit Less

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What Choices Are Your Family Ready to Make?

Healthy Preschooler Initiative

TEXAS WIC Smart Choices • Healthy Families

Houston Department of Health and Human Services

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CATCH 5 For A Healthy Weight

Eat Healthy Snacks

Snacks help you get nutritious foods between meals so you don't get too hungry. Smart snack tips include:

- Put cut raw veggies and fruits at child's eye level in the fridge.
- Stock up on whole-grain, low-fat crackers, breads, bagels, pretzels, tortillas and muffins.
- When buying pre-packaged snacks choose the ones with less than 5% of the Daily Value (% DV) for fat per serving. Sugar or corn syrup should not be listed as the first ingredient.

Eat at Least 2 Cups of Fruits and Veggies Daily

A diet rich in fruits and vegetables promotes a healthy weight. Here are ways to help children enjoy more fruits and vegetables:

- Offer a variety of color and shapes. Fresh, frozen and canned all count.
- Enjoy tasty fruits and veggies with each meal or snack.
- Make vegetables about a half of the plate at lunch and dinner.
- Let your children pick a new vegetable or fruit at the grocery store; involve them with preparation, too.
- Offer fruit wedges or vegetable sticks spread with low-fat yogurt dips.
- Add fruit or dried fruit on salads.

Move More and Sit Less

Families who watch a lot of TV tend to be less active and eat more unhealthy foods.

- Do fun activities: go for a walk at the park or around the block; dance together.
- Have your children participate in at least 60 minutes of moderate physical activity daily (examples: playing tag, jumping rope, soccer, swimming or tossing frisbees and balls.)
- Reduce screen time (TV, computer and video games) to 2 hours or less per day.

Drink Water Instead of Sugary Beverages

Families who drink lots of sodas and other sugary drinks tend to put on more weight. Most sweetened beverages have a lot of calories (100-150 per 8-ounce cup). Follow these tips for healthy drink habits:

- Drink 4 or more cups of water daily.
- Limit fruit juices to 4 to 6 ounces per day.
- Only offer sports drinks when children participate in physical activity lasting more than 1 1/2 hours at a time.
- Keep a jug or bottles of cold water in the fridge instead of sodas and fruit punches.
- Carry water and refill bottles throughout the day
- Serve water or skim milk with meals and snacks.

Choose Fat-Free or Low-Fat Milk or Dairy Products Daily

Dairy products promote muscle growth, healthy blood pressure, strong bones and strong teeth. Adults and children over the age of 2 should drink 1% low-fat or fat-free milk. Make sure your family gets 2-3 servings per day.

To make the switch to low-fat milk:

1. Mix whole milk with 2% reduced fat milk for two weeks, reducing the amount of whole milk until everyone is drinking only 2% reduced fat milk.
2. Do the same with 2% reduced fat milk and 1% low-fat milk until you are able to get your children and yourself drinking only 1% low fat or fat-free milk.

Set the example! Children are more likely to eat healthier and move more when their parents enjoy healthy foods and are active themselves.

Eat meals together more often.

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