# 5 CATCH

# 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

1 2 3 4 5

# What choices are your family ready to make?

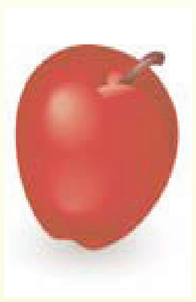
## Healthy Preschooler Initiative

TEXAS WIC
Smart Choices • Healthy Families

Houston Department of Health and Human Services

Feb. 2009

# 5 CATCH 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:

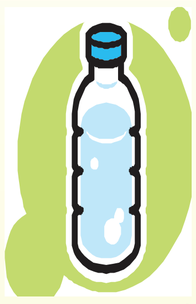
- Offer a variety of color and shapes. Fresh, frozen and canned all count.
- Enjoy tasty fruits and veggies with each meal or snack.
- Make vegetables about a half of the plate at lunch and dinner.
- Let your children pick a new vegetable or fruit at the grocery store; involve them with preparation, 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.**

TEXAS WIC
Smart Choices • Healthy Families

Houston Department of Health and Human Services