Healthy Lifestyle Prescription

CATCH For a Healthy Weight

Houston Department of Health and Human Services

Patient /Client name: _____

Healthy Eating Goals:	
☐ Increase water to _____ cups per day or more (Goal: 4 cups or more per day) ☐ Decrease sweetened beverages to only ____ times/week (Goal: 1 or less time per week) ☐ Drink less fruit juices: _____ ounces per day (Goal: 4 – 6 oz per day)	____ times per week ____ times per week
☐ Drink ____ 2% reduced fat ___ 1% low fat ____ Skim Milk (Goal: use low fat or skim milk)	____ times per week
☐ Increase fruit intake: ____ servings/ day (Goal: 1 cup or more per day)	____ times per week
☐ Increase intake of colorful vegetables: ____ servings/day (Goal: 1½ cups or more per day)	____ times per week
☐ Choose healthier snacks	____ times per week
☐ Animal crackers, instead of cream sandwich cookies ☐ Low fat popcorn or whole grain crackers, instead of chips and cheese puffs ☐ Fresh or dry fruit, instead of fruit rollups or fruit flavored snacks ☐ Reduced fat or partially skim cheeses such as Mozzarella, instead of Monterey Jack or other high fat choice	

Physical Activity Goals:		
Activity 1: _____	_____ minutes per day	3 4 5 6 7 times/week
Activity 2: _____	_____ minutes per day Goal: 60 minutes or more of play time daily	3 4 5 6 7 times/week
Reduce time watching TV, and playing computer or video games Goal: Limit to 2 or less hours of screen time per day		_____ hours or less per day
☐ **Other:** _____		

☐ Referral: _____

My family agrees to make the above mentioned healthy eating and activity behavior changes routine from:

Start Date _____ *Follow-up Date:* _____

Provider/Nutritionist: _____ Parent: _____

White Copy = Patient, Yellow Copy = Medical Record

(Feb. 2009)

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(Feb. 2009)

Other Healthy Lifestyle Goals!

Be a Role Model: Children are more likely to eat healthy and be more active if they watch you do the same.

Create a positive feeding relationship by:

- Eating at least one meal together most days of the week
- Making mealtimes relaxing and enjoyable (Turn TV off and have pleasant conversations)
- Not using food as a reward or punishment
- Sharing responsibilities:

Parent's responsibilities	***Child's responsibilities***
• Plan healthy meals and snacks • Prepare meals and serve them • Provide support as your child develops healthy eating skills	• Choose to eat • Choose what to eat • Choose how much to eat

Adopt Healthy Eating Habits!	**Add More Physical Activity to Daily Routine!**
• Eat three regular meals and 2 or 3 snacks a day • Offer age appropriate serving sizes • Eat a healthy breakfast daily • Eat vegetables at every lunch and dinner • Keep cut vegetables and fruits ready to eat in the refrigerator • Choose baked, broiled, steamed and/or lightly stir fried foods instead of fried or sautéed foods • Eat more homemade meals • Drink mostly water, instead of fruit juices and sugary drinks	• Encourage family to have fun together each day (accumulate 60 minutes of play time each day) • Take children to the park, recreation center or walk laps at the mall • Go for family walks or bike rides • Enjoy playing with balls, Frisbees, kites, and jump ropes or playing hopscotch • Dance to your favorite music • Park away from the main entrance to stores • Get your children involved in house or yard work

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