



Nutrition and Exercise for a Healthier Life

It's true – you are what you eat. And you are what you do.

The food and drinks you put into your body every day (“nutrition”), plus the physical activity you use to make your body strong (“exercise”), can make a big difference in your health. It just adds up:

Healthy Nutrition + **Healthy Exercise** = **A Healthy You**

Your teachers and parents can help you learn about good nutrition and healthy exercise, and they can help provide the things you need.

But It's Up 2 U!

You're the one who sits at the table and chooses the foods you eat, and you're the one who decides when to get up and get going.

So take charge of your health! Good nutrition and healthy activity can be tough choices, but here are some tips to help make them a little easier and a lot more fun.

Share this pamphlet with your parents, too. It has good information they can use to help you make healthy choices about your nutrition and activity – and it might even help make them healthier, too!



Good Nutrition – U Can Do It!

It begins every morning at breakfast – and includes 3 balanced meals every day, plus healthy snacks.



Remember, every day your 4th-grade body needs about 2,200 calories to keep you feeling great and growing strong.

What does “balanced” mean?

A balanced diet is a healthful diet – one that includes nutritious foods (in meals and snacks) that provide the protein, carbohydrates, fats, vitamins, minerals and water your body needs every day.

“Balance” your diet each day with foods from the major food groups (in the box to the right). A simple way to balance a meal is to use half your plate for colorful, vitamin-rich foods from the fruit and vegetable groups and half for foods from the grains, meats and milk groups.

Grains	7 ounces a day
Vegetables	3 cups a day
Fruits	2 cups a day
Milk	3 cups a day
Meats and Beans	6 ounces a day
Water	several glasses a day

Source: USDA

How much is a “serving”?

How much you eat is just as important as what you eat. Here are some easy-to-remember examples of “1 serving” of foods:

- Beef, chicken, fish — about the size of a deck of cards or a person's palm (the larger the individual, the larger the appropriate serving).
- Milk, yogurt, beans, cereal, raw vegetables — 1 cup (about the size of a baseball).
- Fruit, pasta, potatoes, cooked vegetables — 1/2 cup (about the size of a small computer mouse).

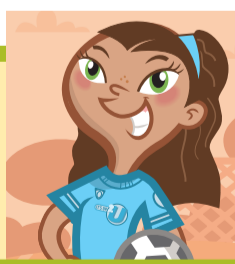


What about snacks?

Sweet or fried/salty snacks like candy or chips can be great treats once in a while, but they're not substitutes for nutritious snacks like fruits, vegetables or nuts.

Exercise every day – for fun and good health!

You're a kid. Playing is your job (along with going to school and doing your chores at home)! Playing – and the physical activity that goes with it – is just as important as nutrition in keeping you strong and healthy.



Exercising about 1 hour a day puts good nutrition to good use! It helps your muscles grow strong (especially your most important muscle, your heart). It helps strengthen your bones and joints (like your knees, shoulders and hips). It can even help make you smarter by making you more alert and ready to learn in school.

Activity doesn't have to be fancy — there are lots of ways to move. Here are just a few of the ways you can exercise everyday.

On your own		With a friend	Join up
Walking or jogging	Dancing	Tennis or badminton	Team sports are a great way to have fun and make friends – while you get lots of healthy exercise
Shooting hoops	Skating	Tossing a baseball, softball, football or plastic disc	
Biking	Dribbling a soccer ball	Taking a walk	

www.Kidnetic.com

You can even exercise while you're surfing the Net or playing a computer game. Check out www.Kidnetic.com for lots of fun ways you and your friends can exercise while you're online. Try the “Time Challenge.” It's good for you — and it's fun!

Whatever you do – do something! Any kind of exercise is a lot better than no exercise at all. And remember, good nutrition and exercise don't have to be hard, but you're responsible for what you eat and do. Your parents and teachers will help, but when it comes to your health...



Parents/Guardian

Your fourth grader has been studying **It's Up 2 U**, a special lesson on the importance of good nutrition and physical activity for growing children. The lesson emphasizes that, while parents and teachers can guide students on these important issues, each child can and should take responsibility for the choices they make about the foods they eat and the ways they take care of their bodies.

Diets high in fatty and sugary foods, as well as life in front of the TV or computer, are contributing to the expanding problem of childhood obesity. As a result, more children than ever are developing such problems as high blood pressure, high cholesterol and type 2 diabetes.

We can help our children make better choices and help them lead healthier lives. The tips and recipes in this pamphlet provide simple ways you can encourage your child to choose nutritious foods and healthy activity – and they might even help you make healthier choices for yourself!

Sincerely,

Beth Jones
P&G School Programs



Make it easy for your child to make healthy choices

Providing balanced meals and healthy food choices at home is the first thing you can do to ensure good nutrition for your child.

Breakfast has long been called “the most important meal of the day,” and it’s an opportunity for you to provide healthy choices.

- Avoid sugar-heavy foods like doughnuts or coffee cake.
- Choose breakfast cereals low in sugar and high in fiber (your child has learned about the nutrition information on food labels, and will be eager to “teach” you, too).
- Include fresh fruit or orange juice and fat-free milk.

Lunch - If you pack your child’s lunch, try whole-grain bread for sandwiches and fresh fruit for dessert, rather than a sugary cake.

If your school provides lunch, encourage your child to share the weekly menu with you, then point out the healthy lunch choices, such as salads, other fresh vegetables and fruit, and baked or broiled (rather than fried) meats.

Dinner - Although hectic schedules can make it difficult, try to prepare and enjoy a family dinner as often as you can.

- Include a healthy balance of protein (more) and fats (less) from meats and dairy products; carbohydrates from potatoes, whole-grain rice and breads; and lots of fresh vegetables and fruits for vitamins and minerals.
- Offer foods in healthy portion sizes – see **How much is a “serving”?** on the other side of this pamphlet for easy-to-remember portion sizes.
- When you eat out, try to select a restaurant with a range of healthy options, like salads and grilled or broiled meats.

Healthy snacks - Keep fresh fruits, vegetables and nuts around the house as healthy snacks.

- The recipes at the bottom of this page can help turn snacking into a healthy, fun activity for you and your child.
- Sweet or fried/salty snacks like candy or chips can be great treats once in a while, but they’re not substitutes for nutritious foods.



Physical activity – make it fun!

Experts recommend a total of at least 60 minutes of physical activity throughout each day to keep children’s bodies growing strong and healthy. If that’s a challenge for you and your child, here are some tips for getting them up and moving.

Activities - Find activities that fit your child’s personality. If it’s fun, they’ll do it.

- Some children prefer individual activities – like biking, jogging, or shooting hoops.
- Others look for games they can play with a friend – like tennis – or team sports they can play with lots of friends.

Make it a family affair - You need exercise, too. So why not encourage your child to exercise by biking with them, tossing a baseball or football, or going on a hike – even if it’s just a walk around the neighborhood.

Net surfers can exercise too! **Kidnetic.com** is a great web site, developed with groups like the American Academy of Family Physicians and American Dietetic Association, that includes fun ways for kids to get up and get moving – while they’re online. There’s also a parents’ page on Kidnetic.com with lots of information on kids’ nutrition, exercise and health.

Snacks for a healthy lifestyle – they’re easy and fun

Here are 3 snacks you and your child can prepare and enjoy together. They’re quick, easy, fun and nutritious for everybody in the family!

Berry Banana Smoothie

INGREDIENTS:

1 small banana, peeled and cut up
1/4 cup fresh or frozen berries (strawberries, raspberries and/or blackberries)
1 cup orange juice
3 tablespoons vanilla low-fat yogurt

Combine ingredients in a blender; cover and blend until smooth.

Makes 2 8-ounce servings.
About 125 calories per serving. Provides fiber, vitamin C, potassium, calcium.

Stir-In-Snacks

INGREDIENTS:

1 cup vanilla low-fat yogurt
4 tablespoons granola
2 tablespoons peanut butter

Stir ingredients together.

Makes 2 1-cup servings. About 190 calories per serving. Provides calcium, carbohydrates, fiber, protein.

Trail Mix

INGREDIENTS:

1 cup dry cereal (child’s favorite unsweetened cereal)
1 cup rainbow colored chocolate candies
1 cup peanuts
1 cup raisins

Options: dried fruit, yogurt-covered nuts, sunflower seeds, pretzels

Put all ingredients in a large “zipper-type” food storage bag. Shake to mix.

Serving size – 1/2 cup. About 160 calories per serving. Provides carbohydrates, protein, fiber, iron, B vitamins.



Touching lives, improving life. P&G



The American Academy of Pediatrics encourages parents to promote healthy eating patterns by offering nutritious snacks, setting appropriate limits and modeling healthy food choices – and to routinely promote physical activity.