



Healthy Kids

Help Your Kids Power Up With Fruits,
Vegetables, and Physical Activity



Why Should Kids Eat Fruits and Vegetables and Be Active Every Day?

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. These healthy habits can help your kids:

- Concentrate and do better in school
- Feel good about themselves
- Grow and develop strong bodies
- Lower their future risk of diseases like obesity, type 2 diabetes, heart disease, and certain types of cancer



How Much Do My Kids Need Every Day?

The amount of fruits and vegetables you should eat every day depends on your age, gender, and physical activity level. Visit www.choosemyplate.gov to help you choose the foods and amounts that are right for each person in your family.

CHILDREN IN ELEMENTARY SCHOOL NEED:

- 1-2 cups of fruits
- 1½-3 cups of vegetables
- 60 minutes of physical activity



Your Family Has the Power!

Empower your child to make healthy choices.

PARENTS CAN...	KIDS CAN...
Keep fruits and vegetables in easy-to-reach places at home.	Choose fruits and vegetables when they make their own meals and snacks.
Include fruits and/or vegetables with every meal and snack.	Ask for fruits and vegetables they like to eat.
Offer new fruits and vegetables several times. Prepare them in different ways (raw vs. cooked, chopped vs. whole) to find which way your child likes them best.	Try new foods and let their parents know what they like or do not like about them. Agree to try the same food several more times.
Limit TV and video games (screen time) to 2 hours or less a day. Do not put TVs in kids' bedrooms.	Choose to watch only their favorite TV shows and limit their video game time. Take activity breaks during screen time.

