

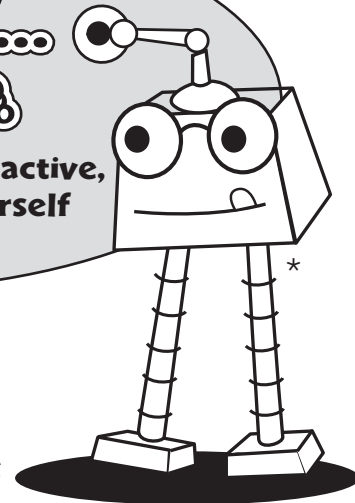
MISSION NUTRITION

Adventures in learning, created by Canadian dietitians

MAKE A PLAN... for Healthy Living

Make a plan to eat well, be active, and feel good about yourself every day!

www.missionnutrition.ca



Having a plan can make it so much easier to balance a busy family life with healthy choices. Use these tips and weekly planner to help your family enjoy healthy living!

Start with the basics...

Eat well

Plan nutritious meals and snacks to fuel your busy days! Healthy eating provides energy and nutrients to grow, learn and be active. Enjoy a variety of foods from each of the four food groups in **Canada's Food Guide** every day. Choose:

| | |
|------------------------------------|------------------------------------|
| Vegetables & Fruit | Grain Products |
| Milk & Alternatives | Meat & Alternatives |

Visit **Canada's Food Guide** at www.healthcanada.gc.ca/foodguide to see how many Food Guide Servings you need each day.

Tip: Have fun trying different foods and cooking new recipes together.

Be Active

Get moving more little by little! Encourage kids to be active for at least 30 minutes more a day, and build up gradually to at least 90 minutes of physical activity. Sounds like a lot? Remember every bit counts... like active play at recess or riding a bike to school. Even 5 or 10 minutes of active time adds up... especially when you're having fun!

Try these fun activities:

- ☆ Play a game of Frisbee, ball or tag
- ☆ Dive into your local swimming pool
- ☆ Take a spin on a bike, skateboard or skates

Check out **Canada's Guides to Physical Activity for Children and Youth** at: www.paguide.com

Tip: Turn off the TV or computer and get out and play together more!

Feel Good

Feeling good about yourself is about believing in yourself. You can help build children's self-esteem by making them feel valued for their unique interests and abilities.

Boost each other's self-esteem:

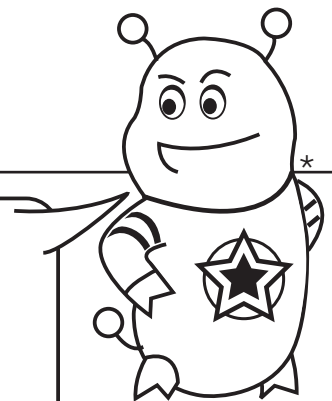
- ☆ Help each other succeed
- ☆ Provide positive feedback
- ☆ Show your confidence in each other
- ☆ Make each other feel important

Tip: Support each other in following your family healthy living plan.

Checklist: Be sure to plan...

- ☆ Nutritious meals and snacks with a variety of foods from the four food groups.
- ☆ At least 30 minutes of physical activity, and work up to 90 minutes a day.
- ☆ Something you can do each day to feel good about yourselves.

Tip: Make a copy of the planner on the next page before you begin so you can use it again.





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Family Healthy Living Plan

Use the handy checklists on this page to make a healthy living plan. Make it a family plan! Choose a few steps you will take to eat well and get more active this week. Work on your plan together as a family. At the end of the week, think about what worked best for your family. Then make another healthy living plan for the next week.

Healthy Eating Plan - Make Each Food Guide Serving Count!

Choose 2 or 3 ways your family can eat well with Canada's Food Guide this week:

| Vegetables and Fruit | Grain Products | Milk and Alternatives | Meat and Alternatives |
|--|--|---|--|
| <input type="checkbox"/> Eat at least one dark green and one orange vegetable each day. | <input type="checkbox"/> Make half of our grain products whole each day. | <input type="checkbox"/> Drink skim, 1%, or 2% milk each day. | <input type="checkbox"/> Have meat alternatives such as beans, lentils and tofu often. |
| <input type="checkbox"/> Choose vegetables and fruit with little or no added fat, sugar or salt. | <input type="checkbox"/> Choose grain products that are lower in fat, sugar or salt. | <input type="checkbox"/> Select lower fat milk alternatives. | <input type="checkbox"/> Eat at least two Food Guide Servings of fish each week. |
| <input type="checkbox"/> Have vegetables and fruit more often than juice. | | | <input type="checkbox"/> Select lean meat and alternatives prepared with little or no added fat or salt. |

Active Living Plan - Make Physical Activity part of each day!

Choose 2 or 3 ways your family can enjoy being more active together this week. Here are a few suggested activities:

Outdoor

- Catch or Frisbee
- Pick up basketball
- Skating or blading
- Hiking or walking
- Bike riding
- Soccer at the park
- Tobogganing
- Skiing or boarding

Indoor / Outdoor

- Rock climbing
- Bowling or yard bowling
- Gymnastics or trampoline
- Tennis or badminton
- Swimming
- Dancing
- Volleyball
- Ice or road hockey

Healthy meals and snacks can be as easy as 1, 2, 3!

1. Brainstorm some tasty meal ideas based on your checklist choices.
2. Make a shopping list by jotting down the ingredients you will need.
3. Have fun cooking up some new healthy family favourites together.

Tip: Have some fun trying new activities as a family! And make time to play together more often.

