



iAmHealthy CPG Healthy Resource Guide

**National, state, county & local
resources designed to help support
your clinic at both the provider &
patient levels, promoting healthier
choices**

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Dietary Guidelines For Americans



USDA

Protein, Dairy & Healthy Fats

Protein serving goals:
1.2–1.6 grams of protein
per kilogram of body
weight per day

Dairy serving goals:
3 servings per day

Saturated fat
consumption should not
exceed 10% of total daily
calories

Sodium recommendations for children:
Ages 1–3: less than 1,200 mg per day
Ages 4–8: less than 1,500 mg per day
Ages 9–13: less than 1,800 mg per day
Ages 14 & Up: less than 2,300 mg per day

Vegetables & Fruits

Vegetables:
3 servings per day

Fruits:
2 servings per day

Whole grains serving goals:
2–4 servings per day

One meal should contain
no more than 10 grams of
added sugars

Whole Grains

These goals are based on
a 2,000-calorie dietary pattern,
adjusting as needed based on
your individual
caloric requirements

MyPlate

For Kids

Eat Right. Exercise. Have Fun.

www.choosemyplate.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is 'whole' (like 'whole wheat').

At least half your grains should be whole.

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies!

Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

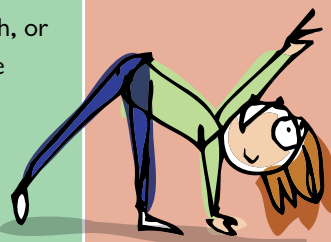


Fruits

Focus on fruits

Fruits are nature's treats - sweet and delicious.

Go easy on juice and make sure it's 100%.



Dairy

Get your calcium-rich foods

Move to the dairy group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Protein

Go lean with protein

Eat lean or lowfat meat, chicken, turkey and fish. Ask for it baked, broiled, or grilled - not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.



Kids ages 2 - 5 need the amounts below from each food group. To find the amounts that are right for your child, go to ChooseMyPlate.gov

Eat 3 - 5 oz. every day

Eat 1 - 2 cups every day

Eat 1 - 1½ cups every day

Eat 2 cups every day

Eat 2 - 5 oz. every day

Kids ages 6 - 11 need the amounts below from each food group. To find the amounts that are right for your child, go to ChooseMyPlate.gov

Eat 5 - 6 oz. every day

Eat 2 - 2½ cups every day

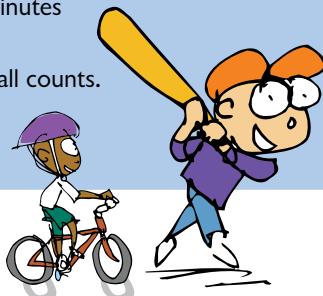
Eat 1½ - 2 cups every day

Eat 2 - 3 cups every day

Eat 4 - 5½ oz. every day

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade - it all counts. How great is that!



Fats and sugars - know your limits

- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health
www.mass.gov/wic • TDD/TTY: 617-624-5992
'This institution is an equal opportunity provider.'



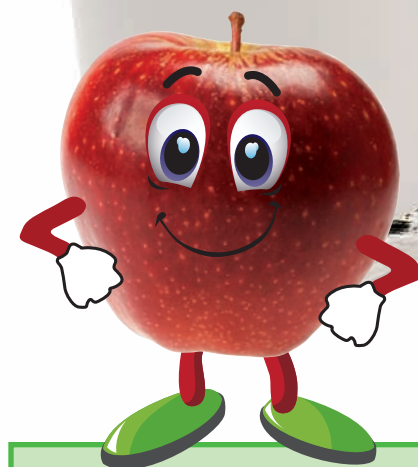
adapted from the



Form # 321 9/11

My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes.

Just split the plate into 3 parts, the largest part for vegetables.

Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat.
Use your hand to measure out portions



Palm of Hand
Amount of Lean Meat



A Fist
Amount of Rice, Cooked Pasta, or Cereal



A Thumb
Amount of Cheese



Thumb Tip
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.





How to Choose Healthy



Don't Eat This!



White Bread



White Rice



Fried Fish Sticks



Spare Ribs



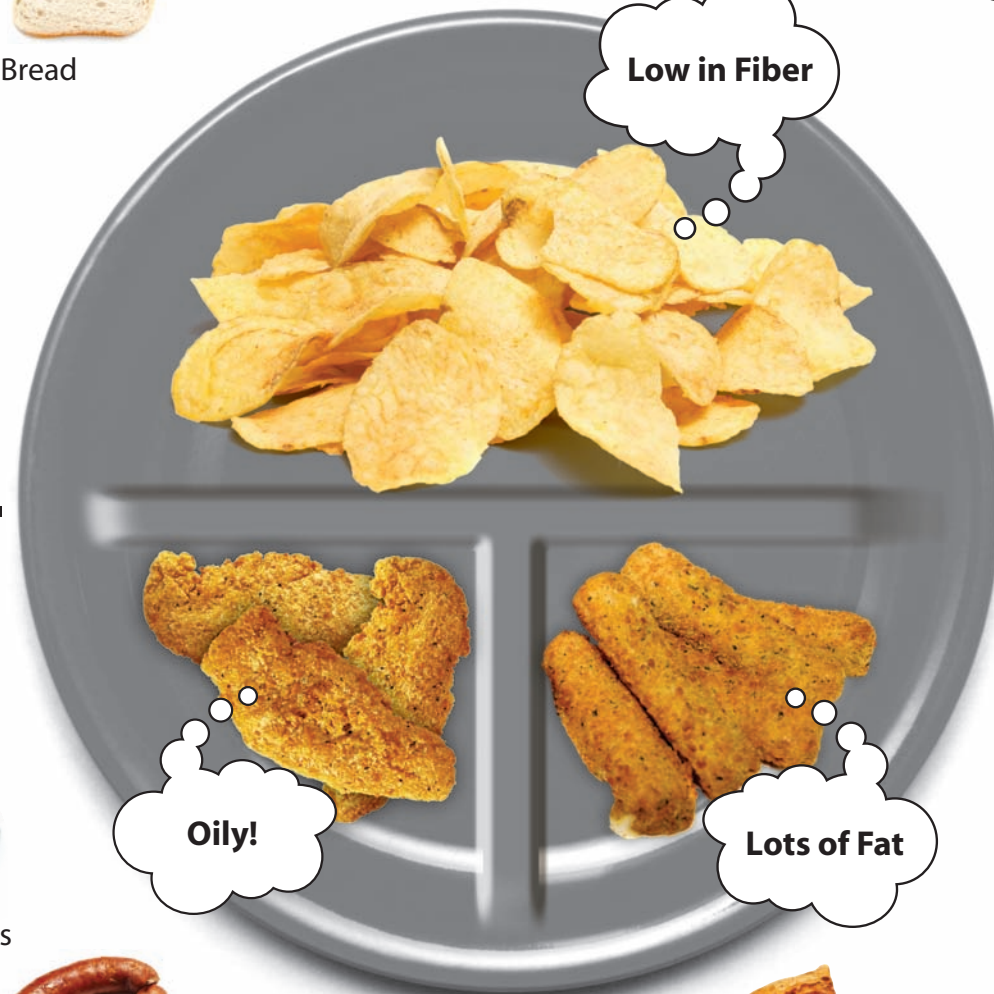
Sausage



Double Cheeseburger



Pepperoni Pizza



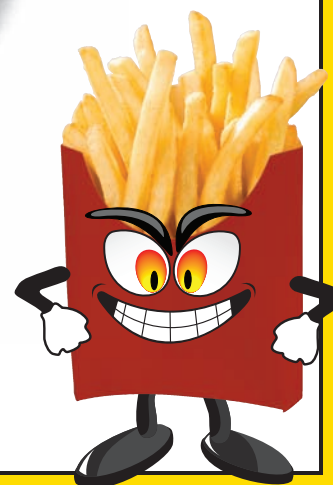
Full of Sugar!



Soda



Juice



Lots of Fat

Eat This!



Green Beans



Orange



Carrots



Grilled Beef



Baked Fish



Low-fat Yogurt



Low-fat or Natural Peanut Butter



Cheese



Egg



Yams



Corn



Whole Wheat Veggie Pizza



Beans



Water



Fat-Free Milk



Oatmeal



Whole Wheat Bread



A Fist

Amount of Rice,
Cooked Pasta
or Cereal

Your hand can help you measure
the right amount of food to eat.

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



A Thumb

Amount of Cheese

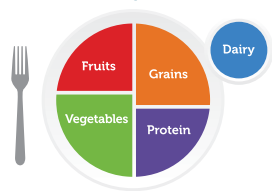


Thumb Tip

Amount of
Peanut Butter



Start *simple*
with **MyPlate**



Healthy Eating for Kids

Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Offer variety

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks during each day.



Connect at mealtime

Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can “unplug” and focus on healthy foods and each other.



Make good nutrition easy

Designate a shelf or a drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.



Think about their drinks

Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.



Get kids involved

Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.

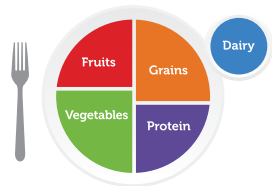


Have a shopping buddy

Let kids participate in grocery shopping online or in the store. Reward them by letting them choose their favorite fruit or maybe a new one.



Start simple
with **MyPlate**



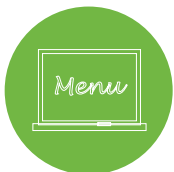
Grocery Shopping

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When grocery shopping, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you already have

When starting your grocery list, think about the five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Take a look at the foods you already have in your refrigerator, freezer, and pantry and shop for foods you may be missing.



Plan your weekly meals

Write down meals you want to make for the week. Think of creative ways to use some of the items you already have together with some new ones. Strive for a variety of foods in each of the food groups.



Remember the basics

Don't forget to include foods like fruits and vegetables, which may not be a part of a recipe but are great to have as snacks. Fresh, canned, frozen, dried, and dehydrated all count!



Keep organized for a quick exit

Finish your list by organizing needed items into groups, such as grocery sections or food groups. This helps to stay focused, buy only the items you need, and make a quick exit.



Look around for savings

Save more by using coupons, signing up for your store loyalty programs, buying foods on sale and in-season, or comparing brands and prices. Store brands are usually less expensive.



Read labels

Make the best choice for your needs by comparing nutrition and ingredient information by reading the food label or the [Nutrition Facts label](#). Look for those with less added sugars, saturated fats, and sodium.



60 A DAY!

You know how sometimes it's really, really hard to sit still?

When you're young, your body **wants** to move — naturally!
(Adults, not so much.)

YEP.



So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!*

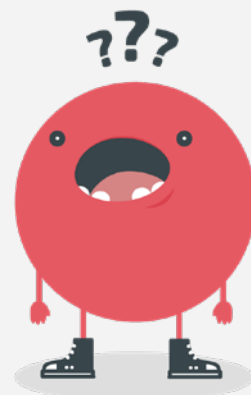


* It's true — physical activity can actually help you do better in school.

How much activity do I need?

If you're between age 6 and 17, you need at least

60 minutes of activity each and every day.



So, what kind of activity do I need?



Get a mix of activity. Do things that:



Strengthen
your bones



Build your
muscles



Make your heart
beat faster



Um, strengthen
my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school

Walk to school or the bus stop!
Dance around the living room!



At recess

Play with your friends!
Swing on the monkey bars!



After school

Walk your dog!
Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's **your** move?





12 Ways to Get Moving

1. **River Walk.** Spread paper plates on the ground. Pretend they are rocks in a stream. Try getting from one side to the other without stepping in the water.
2. **Random Movement.** Go outside or into an open area and move your body in different ways. Try skipping, running, walking, jumping, or hopping.
3. **Band March!** Pretend you're in a band. Pretend to pick up and play your favorite instrument while marching. Can someone guess what instrument you're playing?
4. **Rainbow Run.** Talk about the colors of the rainbow. When somebody names a color, run and touch 3 things of that color. Repeat until all colors have been used.
5. **Follow the Leader.** While walking in a straight line, have the leader lead the group by walking in straight lines, then curvy lines, then zigzag lines, and then try reversing leaders and walking backwards!
6. **Run! Run! Run!** Go outside and go for a run. When running, be sure to pump your arms back and forth. How fast can you run?
7. **Obstacle Course.** Setup an obstacle course with random objects. See how fast you can jump over, move around, and go under the objects. Set a timer and try to get through the course before it goes off!
8. **Rolling.** Find an open space and work on different ways to roll—long, straight, curled up into a ball. Rolling down a hill is fun! Remember to be safe.
9. **Bubbles!** Go outside and blow bubbles! Be sure to chase and catch the bubble before it pops and/or hits the ground.
10. **Zoo Time!** Pretend you're at a zoo. Choose an animal, then make everyone think you're that animal by moving and sounding like your animal.
11. **Move like the Weather.** Use your body to pretend to be the weather. What do you do for rain? How about snow? Thunder? Be creative!
12. **Food Moves!** Pretend to move like different foods—melt like a Popsicle, pop like popcorn, etc.

Adapted from *Head Start Body Start*



SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.

HOW TO

Help your young child transition away from screens



Finding it hard to transition your child from the iPad to reading, playing outside or bedtime? Here are some quick, evidence-based strategies to aid your child's transition away from media to other healthy activities.

Offer fun, offline options to transition to after media use

Transitions go more smoothly when kids are given other activities to do after screen time: eat a snack, read a book, color, go outside, solve puzzles or play with you. This way, boundaries around media are formed, making space for other fun things that the child enjoys.

Turn off Autoplay on video platforms before a transition point

Tell your child it's time for a break and pause the screen. It's usually easier to break after an episode has finished, not in the middle of one.

Set your child's screen time routine at a predictable time of day

This lowers your child's likelihood of begging or negotiating for screens throughout the day. Make the content predictable, too (in other words, don't follow the algorithm), so you can monitor what they are watching. Sketching this routine on a calendar can be helpful for children, who are usually visual learners.

Create a code word or phrase to help your child know it's time to stop

Like "screens away, so we can play!"

Try out the [Digital Disengage Challenge](#)¹ (pages 5–6 of linked PDF), in which family members score more points by putting their devices down at home.

If aggressive behaviors or tantrums happen during transition points, remember:

- All behavior is communication! Think of this as how kids show that they are frustrated.
- Don't give the device back when they fuss because this reinforces the negative behavior.
- Try to maintain a calm demeanor and give your child a calm-down period. Kids usually benefit from spending some time relaxing in a safe space at home after a tantrum, like a bean bag chair.
- Redirect aggressive behaviors if needed. ["Grounding" exercises](#)² may help!
- After the child has calmed down, provide a listening ear to hear how they feel but also explain why [media limits and breaks](#)³ are important in your home.

1. https://downloads.aap.org/AAP/PDF/COE_Activity_Cards_English.pdf

2. https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/grounding_activities_for_children_youth.pdf

3. <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/qa-portal/qa-portal-library/qa-portal-library-questions/setting-limitations-on-tech-time>



Reboot your family's tech life

It's normal to feel exhausted or drained as a parent of young kids. Screens and technology can be a resource for families but also can start to feel out of control. Here are some things you can do to reboot your family's relationship with screens.

STEP 1

Take an inventory



What internet-connected tech lives in your home? For each device (parents' too!), ask yourself:

- *What room should this be allowed in?*
- *What times of day should it be used?*
- *Can we put away for a while?* (Choose this for devices that you want your child to take a break from.)

STEP 2

Make a list of non-tech alternatives



These can be solo or social activities, active or laid-back, indoors or outdoors. Check out our menu of non-tech activities on the flipside of this handout and add your own. Parents recommend:

- Music and audiobooks
- Board or card games
- Creative arts/crafts or building
- Neighborhood walks or nature/playground time

STEP 3

Make a plan, but go easy on yourself



It helps to have your family's media plan written out, so your children know to expect screens only at certain times of day. If your plan isn't working, then change things up, and figure out what works best for your family.



Menu of Non-Tech Activities



Indoor Activities

Set up **Indoor Playdates**¹ such as:

- A classroom of our own
- Our sweet bakery
- The zookeeper zone
- A talent show
- A train trip
- _____

Fun/Active/ Physical Activities

• **Non-screen games**² such as:

- Duck, Duck, Goose
- London Bridge is Falling Down
- Limbo
- Egg Races
- Simon Says
- Head, Shoulders, Knees and Toes
- Follow the Leader
- Tag
- Hide and Seek
- Dancing
- Listening to music
- Sing-a-long with a parent
- _____

Outdoor Activities

- Trying out a new sport
- Flower picking, gardening, activities that involve identifying wildlife
- _____

Art Activities

- Painting, coloring, creative crafts with items around the house
- Sensory bins with rice, beans, or water
- _____

Quiet Activities

- Reading together or independently
- Story time (Let their imaginations run!)
- Independent play with favorite toys (blocks, trains, puzzles, etc.)
- Listening to audio players
- _____

Other Activities

- Activities based off the **month of the year**³
- _____

1. <https://www.healthychildren.org/English/family-life/power-of-play/Pages/Indoor-Playdate-Ideas.aspx>

2. <https://www.healthychildren.org/English/family-life/power-of-play/Pages/10-no-cost-screen-free-activities-to-play-with-your-preschooler.aspx>

3. <https://www.zerotothree.org/resource/a-year-of-play>



SLEEP 101

Why is sleep important?

Sleep is a time for rest and recovery. It provides us with enough energy to engage in our daily occupations, and promotes physical and mental well-being. Sleep is especially important for children and teens.

Early Childhood

Early childhood is a critical time period for brain development in children. Getting enough sleep helps to promote a child's future health and development, and has been linked to improved memory performance, motor skill development, and language acquisition.



Adolescence

Teens are at higher risk for developing mental health issues and engaging in risky behaviours. Improving sleep quality is one way to promote mental health and the development of the frontal lobe of the brain, involved with decision making, impulse control, and problem-solving skills.

Common Sleep Problems

- Night time anxiety
- Nightmares/night terrors
- Physical positioning
- Insomnia
- Gastroesophageal reflux disease (GERD)
- Trouble sleeping alone
- Uncomfortable bedsheets/pajamas
- Early/night awakenings

How does sleep impact our daily lives?

Self-Care: Helps our memory and reduces fatigue so we can carry out self-care activities such as bathing, eating, and getting dressed.



Productivity: Improves our attention, concentration, creativity, and memory so we can perform our best at school or at work.



Leisure: Gives us energy so that we can maintain strong social bonds and take part in enjoyable activities such as sports and playing with our friends.



SLEEP HYGIENE



"Sleep hygiene" is the actions and routines we use to set ourselves up for a good night sleep each night. If you often have trouble falling asleep or staying asleep, or wake up tired every day, these strategies may help your body create a rhythm to help you get the rest when you need it.



Make sure you go to bed and wake up at the same time everyday. Follow a bedtime routine each night - this could include taking a bath, reading a book, or brushing your teeth.



During the day, make sure to exercise - but avoid it right before bed. Also avoid having caffeine 4-6 hours before bed (i.e. chocolate and soft drinks).



Find ways to unwind before bed - this may include listening to music, meditating, doing deep breathing, taking a warm bath, or gentle exercise like yoga.



For younger children, reduce napping for longer than 30 minutes within 4 hours of bedtime. For teens, avoid the urge to nap after school as it may make falling asleep at night more difficult.

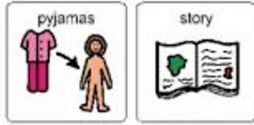


Reduce screen time and avoid stimulating activities approximately 30 minutes to an hour before bedtime. Exposure to light can decrease melatonin levels, a hormone that affects our natural sleep and wake cycles.

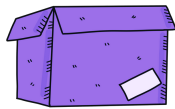
TIPS FOR PARENTS



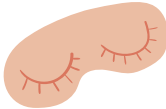
As a parent, if you are waking up frequently throughout the night because your child has trouble sleeping, this can lead to daytime fatigue, poor emotional regulation, and difficulty engaging in daily activities. Here are some tips to promote good sleep for both you and your child:



Create a visual schedule to promote skill learning and independence. This can be helpful for kids who function well with a predictable and consistent routine. Teens may prefer to use apps to help them remember and to build healthy sleep habits.



Encourage your child to write down their worries to put in a "worry box". Find time each day to talk about the worries to help provide validation and reduce anxiety before bed. For teens, journaling for a set time each day (i.e. 15 minutes) is another helpful option.



Establish a sleeping space for your child that can be dark when they are sleeping and bright when they are going about their day by using curtains, night masks, and lights.



Your child's sleep patterns can also impact your own well-being. Make time for stress management techniques such as yoga to help you manage your stress day to day.



Keep a sleep diary to keep track of your child's (and your own!) sleep patterns. This can help to specifically identify what is working well and barriers to getting a good nights sleep.

My Bedtime Routine

- ☐ Take a bath
- ☐ Put on my pajamas
- ☐ Brush my teeth
- ☐ Wash my hands and face
- ☐ Listen to a story
- ☐ Get a drink of water
- ☐ Use the potty
- ☐ Say my good nights or prayers
- ☐ Get tucked into bed with kisses and hugs



Web resources on sleep:

<https://www.sleepfoundation.org/>

<https://kidshealth.org/en/parents/sleep.html>

https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html