

10 Tips to a Healthy Body

Be mindful



1. Set a routine and plan for meals

Include breakfast, lunch, dinner and 1 or 2 snacks during the day. Avoid skipping meals, snacking constantly (grazing) and eating late at night.

2. Be mindful about eating

Avoid eating while you are doing something else (like doing homework or watching TV) or because you feel bored or anxious. Eat meals together as a family. Enjoy treat foods in moderation or on special occasions.

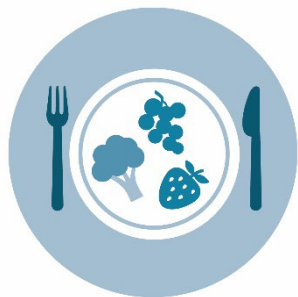
3. Limit “screen time”

(Like TV, phones, tablets and gaming) to a combined time of 2 hours or less per day. However, games that encourage exercise or dancing, like Wii or Xbox kinect can be encouraged.

4. Set a routine and make a plan for sleep

Keep regular bedtimes to get enough sleep.

Eat healthy



5. Limit fast food and processed foods

Cook at home as much as possible. Limit processed foods (labeled food with more than 10 ingredients) to avoid extra salt and sugar, such as high-fructose corn syrup. Include lean proteins like beans, lentils, chicken, fish, and low-fat dairy. Consider packing healthy home lunches or check your school menu for healthy food at school.

6. Eat 5 a day

Try to eat 5 or more servings of vegetables and fruits daily.

7. Eat smaller portions and eat slowly

Eat smaller portions. If you tend to eat larger portions quickly, try to slow down and eat smaller portions at meals. Wait 20 minutes before deciding if you want more. Try to pay attention to hunger and fullness. Remember, if you are not eating enough breakfast and lunch, you are much more likely to overeat in the afternoon and evening.

8. Choose whole grains and fresh vegetables

Whole grain foods (like whole grain bread, whole grain tortillas, oats and brown rice) are high in healthy fiber, which helps you feel satisfied, and promotes healthy digestion. Limit the amount of refined grains (like white flour bread, crackers, and white rice). Instead, enjoy snacks like yogurt with no added sugar, vegetables and fruits . Blend fresh or frozen vegetables and fruits with milk or plain yogurt to make a smoothie.

To Learn More

- Nutrition
206-987-4758
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Stay hydrated



9. Drink water

Only have soda, sugary drinks and fruit juice on special occasions. They are high in excess sugar. Drink water or sparkling water instead.

Be active



10. Play!

Go for a goal of at least 1 hour of physical activity each day. Have fun with it. Get your friends together and go outside. On rainy days, go to an indoor pool, play in the school gym, or have a dance party at home! At least 3 times per week, take part in a physical activity that gets your heart beating faster such as jumping rope, running, dancing, swimming and sports. Set a goal of 30 to 60 minutes per session.