1. Eat fruits and vegetables every day*  
   - Serve fruits/vegetables at all meals and snacks

2. Drink water instead of soda or other sweet drinks*  
   - Do not keep soda, juice drinks or other sweet drinks in the home
   - Serve cold water with a slice of lemon, lime, or orange instead of sweetened drinks

3. Choose to eat fruit instead of drinking juice  
   - Fruit has fiber and is essential for a healthy diet
   - Even 100% juice has too much sugar and does not have any fiber
   - Do not make your own juice or aguas frescas
   - One small cup of juice has the same amount of sugar as 5 oranges or 8 apples!

4. Choose a healthy, natural snack (e.g., fruit) instead of packaged/processed snacks (cheese puffs, chips or crackers)  
   - Do not keep packaged snacks like cheese puffs, crackers, potato chips, cookies or drinkable yogurts at home
   - Processed/packaged snacks compete with fruits and vegetables
   - Most processed/packaged snacks have too much sugar, fat, and salt
   - Spoil children with positive attention instead of sweet treats

5. For children older than 2 years of age, drink low-fat or non-fat milk  
   - Do not add powders (chocolate/strawberry) to milk
   - Ask your health care provider (doctor) which type of milk is best for your child

6. Eat family meals at regular times*  
   - Limit “fast food” to one time per week or less
   - Turn off TV/screens during meals because children learn to eat healthier without distractions

7. Eat breakfast everyday* and don’t skip meals  
   - Have planned meals and snacks; don’t wait until your child says “I’m hungry”
   - Serve healthy, balanced meals (e.g., “MyPlate”) on age-appropriate sized plates

8. Be active/play outside at least 1 hour every day*  
   - Find a healthy and safe activity or class (your regular doctor can make sure you are OK to participate)
   - Play after school and before doing homework; children focus better after they play outside

9. Get enough sleep**  
   - Preschoolers (4/5) ~11/12 hours, School-Age Children (6-13) ~10/11 hours, Teenagers (14-17) ~9/10 hours+++ 
   - For example, if waking up at 7AM, then bedtime is between 7PM (younger) and 9PM (youth)
   - Turn off screens (games/tablets/texting/video games) 1 hour before bedtime (screens make it harder to fall asleep)
   - Have a routine (do the same thing every night)
   - Example routine: 7-8 PM turn off screens, take bath, brush teeth, read/story time/soft music to help fall asleep

10. Less than 1-2 hours (or none!) of non-homework screen time (TV/computer/video games/texting/tablet) per day *  
   - Take TV/computer/screens out of the child’s room*

To register for a class or for more information, please call 1-855-344-6347
1. Eat fruits and vegetables every day*

2. Drink WATER instead of soda or other sweet drinks*

3. Choose to eat FRUIT instead of drinking juice

4. Choose a HEALTHY, NATURAL SNACK (e.g., fruit) instead of processed/packaged snacks

5. For children older than 2 YEARS of age drink low-fat (1%) or non-fat (skim) milk*

6. Eat family meals at REGULAR times*

7. Eat breakfast everyday and don’t skip meals

8. Be active/play outside at least 1 HOUR every day*

9. Have LESS THAN 1-2 HOURS of non-homework related screen time per day* (TV/computer/video games/tablet/texting)

10. Get enough SLEEP

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