

Ready to learn }



Eat breakfast to be at your best.

Rethink your drink



Refresh without the calories.

Many popular drinks, like regular soda, sports drinks, non-100% juices, gourmet coffee drinks, vitamin water and energy drinks have a lot of added sugar. Drinking less calories from sugary beverages, along with getting daily physical activity is a great way to achieve a healthy weight.

Portion distortion }



Give hungry kids something they can chew on - the right amount of good, nutritious food.

Be active } your way }



60 minutes every day!

Getting 60 minutes of
activity every day can:

Build healthy bones, muscles and joints
Improve strength, balance, and flexibility
Help control weight

Help build social skills
Develop skills of leadership and team work
Improve the ability to learn

BMI

me}

**Do you know
your BMI?**

Ask your doctor.

Breastfeeding }



The true
super power.

You alone have the power to give your baby the best start in life. The power to forge a unique mother-child bond. The power to protect your baby from illness. By breastfeeding, you become your child's superhero.

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health

Family meals }



More than just eating together.

Set the table for the entire family. Set roots for a lifetime.
You eat. You talk. You listen. You laugh. You learn.

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health

Fill out the shaded area

Youth Physical Activity and Nutrition Assessment DHHS NEBRASKA

Youth's Name: _____ Age: _____ Date: ____/____/____

Please complete the "Current" column (shaded area) based on the previous 7 days for youth ages 2-18. The "Goal" and "Follow-Up" columns will be completed by the clinician. If you're unsure how to respond, leave blank.

Physical Activity	Current Activity	Activity Goal	Comments
1. Daily Physical Activity Moderate-Vigorous Intensity Ex: Active play, jumping, biking, brisk walking, running, sports	1. _____ min/day _____ days/wk	1. _____ min/day _____ days/wk	Note to Clinician: Have youth set only 1-2 behavioral goals at a time. Goals should be specific and measurable.
2. High-Intensity Activity Activities that cause fast breathing and sweating	2. _____ days/wk	2. _____ days/wk	
*Do not complete questions 2 & 3 for children aged 2-5 years old. Go to question 4.	3. _____ days/wk	3. _____ days/wk	

Goal Tracker

Check a box each day you meet your nutrition and activity goal(s).

I MET MY GOAL!

Week #1:

Week #2:

Week #3:

Did you fill it out?

2. Fruits & Veggies
 • fresh, canned, dried, frozen
 1 cup = 1 large potato or orange
 1/2 cup = 4 strawberries, 6 baby carrots, beans (whole or refried)

3. Milk or Milk Products
 1 cup = 8 oz milk, yogurt or 2 slices of cheese (1 1/2 oz)

4. Whole Grains
 Whole grain cereal, oatmeal, whole wheat bread, brown rice

5. High Fat and Sugary Foods
 "Junk Foods" - chips, candy, fried foods, ice cream

6. Sugar-Sweetened Drinks
 Regular soda, lemonade, fruit punch, non-100% juice

7. Eating Out
 Meals eaten out of home or school

Circle: DAY or WEEK

Veggies: _____ cups per _____

_____ cups/day

_____ cups/day*
*fat free or low fat

_____ times/day

_____ times/day

_____ times/day

_____ times/day

_____ times/day

_____ days/wk

_____ days/wk

_____ days/wk

On a scale of 1-5 with 1 being not ready and 5 being very ready - How interested are you in changing any of the behaviors above?

1 2 3 4 5 - Very Ready

Referral: _____

Follow-Up: _____

Way To Go!
 If you've met your goal, keep it up and set a new activity or nutrition goal. Use another sheet to continue tracking your goals.

Week #8:

This is important... your doctor needs to know!



Follow the leader }



and you're the leader.

Meals are a great time to play FOLLOW-THE-LEADER and you're the leader! Set a smart example. Sooner or later, kids will do as you do.

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health

To your child, you are the }
GREATEST show on earth. }



**Sing with them. Dance with them. ■
Walk with them. Talk with them.**

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health

Live outside }
the box }



Everything is more
FUN when it's real.

Less time on TV means more time
exploring, creating and having FUN...
now that's real.

Source: Public Health - Seattle and King County