

Physical Activity

6 – 17 year olds:

- 60 minutes or more of physical activity each day which includes moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- Include muscle-strengthening activities, like climbing, at least 3 days a week and bone- strengthening activities, like jumping, at least 3 days a week.
- Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.



2 - 5 year olds:

- There is not a specific recommendation for the number of minutes young children should be active each day.
- Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once.
- Physical activities for young children should be developmentally-appropriate, fun, and offer variety.

Hot Tips to Teach Children Healthy Habits

- Have regular family meals.
- Cook more meals at home.
- Get kids involved.
- Make a variety of healthy snacks available instead of empty calorie snacks.
- Limit portion sizes.
- Avoid junk food.
- Limit sugar.
- Limit salt.
- Healthy Eating Out with Children.
- Follow a Meal and Snack Schedule.
- Take Control of the Marketing & Advertising.



Dietary guidelines for toddlers and young children

Fruits & vegetables	Two servings each per day. These may be given as snacks, such as apple or carrot slices. Also try adding veggies to soups.
Whole grains	Four daily servings. Can include buckwheat pancakes or multigrain toast for breakfast, a sandwich on wheat bread for lunch and brown rice or another whole grain as part of the evening meal.
Milk & dairy	Three servings or one pint of whole milk per day. Cheeses, yogurt, and milk puddings are useful alternatives.
Protein	Two servings a day. Encourage your child to try a variety of proteins, such as turkey, eggs, fish, chicken, lamb, baked beans, and lentils.
Vitamins & minerals	Check with your child's doctor to be certain their diet is adequately meeting the recommended nutritional needs for this age group

Dietary guidelines for school age children

Vegetables	3-5 servings per day. A serving might be one cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, raw or cooked.
Fruits	2-4 servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, such as an apple, banana or pear.
Whole Grains	6-11 servings per day. Each serving should equal one slice of bread, 1/2 cup of rice or 1 ounce of cereal.
Protein	2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.
Dairy	2-3 servings (cups) per day of low-fat milk or yogurt, or natural cheese (1.5 ounces=one serving).
Zinc	Studies indicate that zinc may improve memory and school performance, especially in boys. Good sources of zinc are oysters, beef, pork, liver, dried beans and peas, whole grains, fortified cereals, nuts, milk, cocoa, and poultry.