



KidStriders Nutri-Thon™

January: Healthy Choices for a Healthy Lifestyle



A new year means that it is time for New Year's resolutions! Everyone should set at least one realistic healthy goal for the New Year ahead. A healthy goal could be to eat more fruits and vegetables, watch your portion sizes, choose foods lower in fat, increase your physical activity, and everything in between. Choose one that is right for you, and go for it! And when you reach your goal, maintain, and then make a new goal — New Year's isn't the only time of year to make new resolutions!



SOME "BERRY" GOOD INFORMATION

- Making healthy choices determines how healthy you will be. We know that an apple is a healthier snack than candy and playing outside with friends is better than sitting on the couch in front of the TV.

But sometimes making those decisions is not so easy.

- It is important to learn about the nutritional information provided on Nutrition Facts food labels. Children can start learning about this information too. Go to <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>
- Heard of the Energy Balance Equation? Calories measure energy consumed (from foods and beverages), and they also measure energy used (through physical activity and growth). If more calories are consumed than are expended, the body will begin to store those extra calories and body weight will increase. However, if fewer calories are consumed than are expended, the body weight will decrease.

DON'T "BEET" YOURSELF UP!

If you stray from the path of working toward and achieving your goals, don't give up... just start again!



Use these ideas as conversation starters at the dinner table:

- Reflect on your habits over the last year. What are the healthy habits you already have? What are the things you could work on?
- Talk about how you can be more active in the cold winter months. What are the things you can still do outside? What can you do to stay physically active inside on the days when the weather is too bad to go out?
- Each family member should talk about how they are doing at working toward and achieving the goals they set with their New Year's resolution. Give praise for the things that are going well and encouragement for those things that are a little harder.
- Talk about where you think the fresh fruits and vegetables that are available at this time of year in the supermarket come from.

THE GOAL:

Make the resolution to make healthy meal & snack choices and be physically active each day.



PICK YOUR CHALLENGE:

- Look at and compare the food labels at home. If you have choices to make, compare the food labels and choose the food with the least amount of fat or sodium and the most fiber, protein, or any vitamin or mineral.
- Encourage EVERYONE in the family to make a healthy New Year's resolution. Discuss some of the barriers to eating healthy foods and being physically active. Come up with some ways to overcome these barriers
- As a family, make a list of all of the physically active things you can do during the winter months.
- Identify and sort foods in your home into healthy or not so healthy items.
- Have everyone track when they choose healthy snacks or bring a healthy lunch to school/work. Record



January 2010

Healthy Choices for a Healthy Lifestyle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>WE HOPE YOU CHOOSE TO MAKE HEALTHY FOOD AND PHYSICAL ACTIVITY CHOICES EVERY DAY, BUT WE'VE LISTED SOME HERE IN CASE YOU NEED SOME IDEAS.</p>				1 Make your healthy plan for the New Year!	2
3	4 Ask your family about their healthy goals.	5	6	7 Watch your portion sizes and don't eat too much of any one food.	8	9
10	11	12	13	14	15	16
	<p>Check out some indoor physical activity ideas at the USDA's SNAP-Ed Connection: Snap Ed Connection</p>					
17	18 Choose milk or water instead of soda or juice.	19	20	21 Do another activity from SNAP-Ed	22	23
24/ 31	25 Keep reaching for your goals.	26	27	28 Make your own healthy snack recipe.	29	30