



Eat Smart.  
Play Hard.™

## Making smart food choices and being active every day...

- ▶ Helps everyone keep mentally and physically fit.
- ▶ Helps to maintain a healthy weight.
- ▶ Helps reduce risks of serious diseases like heart disease, high blood pressure, type 2 diabetes, and some types of cancer.
- ▶ Helps kids to grow and develop and provides them with the energy they need to learn and play.



## Balance Each Day With Food & Play



Healthy eating habits and physical activity work together for better health.

Making healthy food choices helps kids to grow, develop, and be ready to learn.

Being physically active is fun and helps you feel good too!



## Balance Your Day With Food & Play



# Kids copy adults, so eat healthy and be active every day!

**Set an example**—Keep a variety of healthy foods on hand. Eat plenty of fruits and vegetables, whole-grain, fat-free or low-fat dairy products, lean meats, and dry beans. Limit the amount of foods you buy that are high in saturated fats, *trans* fats, and added sugar.

**Watch serving sizes**—Remember, younger kids need less food than teenagers and adults. Start with small servings and give extra if they want more.



**Be active**—You need at least 30 minutes of activity most days of the week. Your kids need at least 60 minutes of physical activity every day, or most every day. Add

activities to your daily schedule, like walking, biking, working in the yard, or cleaning the house.

## Balancing What You Eat With What You Do



### If you sit all day at work...

Grab the kids and take a long walk; invite the neighbors. Put on some music and dance. Visit a park, museum, or zoo.

### If you are at a fast food restaurant...

Try a grilled chicken sandwich with mustard. Add a side salad. Split an order of fries.

### If you find it hard to be active...

Try walking up and down the stairs. Park farther away from stores. Walk your child to school or to the bus stop.

**Make balance a habit!**

### If you're going on a picnic...

Bring foods like crunchy veggies with low-fat dip, whole-grain bread, baked or grilled meats, or fruits for dessert. Don't forget to bring a ball or Frisbee to play with or music so everyone can dance. Get everyone moving after they eat.

# Eat Smart. Play Hard.™

## BE A ROLE MODEL!

**You** play an important role in making sure that you and your kids eat healthy and are active and moving every day.

Make a list of things that you can do to balance your family's day with food and play!

---



---



---



---



---



---



---

For more information on these topics or other programs visit our Web site at:

[www.fns.usda.gov](http://www.fns.usda.gov)



Food and Nutrition Service  
U.S. Department of Agriculture

The USDA is an equal opportunity provider and employer.

July 2007