

Start Early, Eat Smart



5 SERVINGS
OR MORE OF
**FRUITS &
VEGETABLES**

Fresh, frozen, and canned fruits and vegetables are full of important vitamins, minerals, water and fibre that help keep your body healthy. Enjoy 5 or more servings each day.

Tips:

- Keep fruits and vegetables in sight in the fridge.
- Plan your meals to include fruits and vegetables. Use them to fill half your plate.
- Wash and cut fruits and vegetables ahead of time for a quick snack.
- Keep canned, frozen, and dried fruit on hand.



4 CUPS
OF **WATER**
NOT SUGARY DRINKS

Water is best to quench your thirst, and to keep your body running well. Drink at least 4 cups of water a day.

Tips:

- Be a role model.
- Serve water between meals instead of sugary drinks.
- Limit juice to 1 serving 100% juice a day (if at all).
- Fill reusable water bottles for school or on-the-go.
- Keep a pitcher of water in the fridge.



3 SERVINGS
OF LOW FAT OR NONFAT
MILK OR DAIRY

Milk or dairy, like cheese and yogurt, help make bones and teeth strong. Choose low fat or nonfat milk or dairy to have with meals or snacks.

Tips:

- Serve milk to drink at meals, hot or cold.
- Use nonfat flavoured yogurt as a dip for fruit.
- Make smoothies by blending favourite frozen fruits with yogurt and low fat or nonfat milk.
- Layer chopped fruit and yogurt in a tall glass to make a parfait. Top with low fat granola cereal.



2 HOURS
MAXIMUM OF
SCREEN TIME

Time spent in front of a screen watching TV, playing video games, or texting means less time being active and could lead to weight gain. Keep screen time to less than 2 hours a

Tips:

- Start by cutting out 15 minutes a day each week to get down to less than 2 hours.
- Come up with fun ideas to do as a family. Start a family game night, or go to a nearby park, playing field or playground.
- Make screen time a reward, not a daily routine.



1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**

Be physically active 60 minutes or more each day. Staying active can help you keep your energy up, and reach or stay at a healthy weight.

Tips:

- You don't have to get 60 minutes in all at once. Break it up into shorter times throughout the day.
- Anything that makes you breathe harder and your heart beat faster is a good activity.
- Plan active family time, like going to the beach.
- Be active with a friend.

Start Early, Eat Smart

PREVENT CHILDHOOD OBESITY

Being overweight can affect your child's confidence and self-esteem. Furthermore, being overweight increases your child's risk of developing health problems such as joint pain, diabetes, hypertension, and cholesterol at an early age.

If you want to help your child maintain a healthy weight, then you should encourage healthy eating, along with regular physical activity. Don't worry, you'll be able to adapt your usual meals to make them more healthy, and this is a way of eating that is good for all the family, not just your child. Special "diet" foods are not usually necessary. Bear in mind that families are most successful when they only change 1-2 things at a time. Here are some additional tips:

- Do not allow your child to skip meals, especially breakfast, but remember that children's appetites can vary from day to day.
- Prepare plates in the kitchen and serve meals at the table. Don't forget to use vegetables and fruits to fill half the plate.
- Try to avoid using food as a reward. Instead, reward your child with something physical and fun.
- Eating when bored is one of the common obstacles to weight management, so try to keep your child active and occupied!
- Ensure that healthy snacks are readily available, and limit pocket money at school. Remember, your child can only choose foods that you keep in the house.
- Plan meals using the Caribbean Food Groups.

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Nutrition Week 2014



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PREVENT CHILDHOOD OBESITY

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