

# Top 10 Tips for Healthy Kids



1. Eat more whole foods (as opposed to processed foods)—whole foods include vegetables, fruits, beans, nuts/seeds and whole grains.



2. Eat a rainbow each day—different colors of whole foods provide different vitamins and minerals.

3. Make at least half of the plate vegetables and/or fruit at each meal—leafy greens in particular are key!



4. Drink up—water is essential for all bodily functions, and it's the healthiest beverage. On average, children should drink 6 to 8 cups of water each day.

5. Get your ZZZ's—sleep is just as important as healthy food, hydration and exercise. 5-8 year-olds typically need to sleep for 10-11 hours each night, and younger children need even more.



6. Practice mindful eating—the more we can slow down and chew our food well, notice its characteristics, and pay attention to how we feel before, during, and after eating, the healthier we'll be.

7. Swap out sugar—trade foods that are high in added sugar for fruit as much as possible, and try to keep added sugar to less than 12 grams per day.



8. Avoid foods that contain added sugar, trans fat, and chemicals.

9. Move around—try to exercise for at least 60 minutes each day. Strengthening exercises such as sit-ups and push-ups are also important.



10. Connect—spending time with loved ones is important for physical and emotional health. Make a point of sitting down to eat together and sharing highlights of the day.

For more information, tips, and activities, visit [www.wfeh.org](http://www.wfeh.org).