

How do
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family?

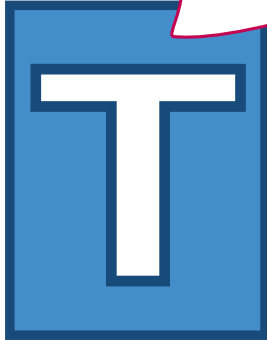
KIDS' FANS



build healthy families



Welcome to KIDS' FANS



The Kids' Fans Philosophy

Kids' Fitness and Nutrition Services is a community collaborative designed to promote smart eating, physical activity and a healthy weight among children. Stamford Hospital and the Stamford Youth Foundation are working in partnership with our schools and community centers to encourage enjoyable fitness programs and good nutrition. Kids' Fans also works in collaboration with primary-care pediatric offices and family medicine and pediatric clinics and is teaming up with the Stamford Public Schools' Joint Task Force for Nutrition and Fitness.

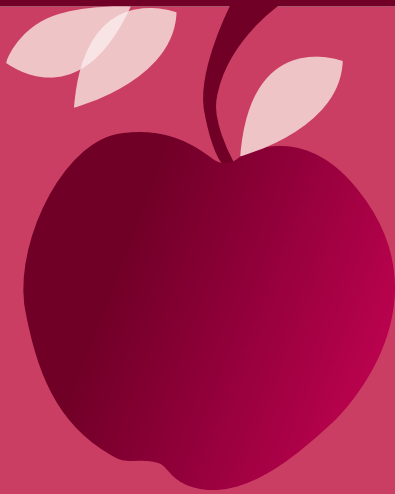
Building a healthier family requires making changes in nutrition and physical activity that can be both fun and enjoyable. As parents, you make a huge difference in what your child thinks and does since your child really does look up to you as role models. As a family, it can be fun to begin making healthy choices and getting physically active together.

Kids' Fans endorses the preventive health message of **5-2-1-0**: For each day, **5** fruits and vegetables, **2** hours or less of screen time, **1** hour or more of physical activity, and **0** to almost no sugar-sweetened beverages.

You can start by making small, easy changes over time and trying different strategies.

For example, no one will notice if you use part-skim mozzarella cheese instead of whole-milk mozzarella in your lasagna, but you will reduce the calories and fat for everyone who eats it. You can choose to have more control over how much time your child spends watching TV or playing video games. And you can encourage the whole family to get more physical activity. As parents, you can focus on the positive and have fun doing it.

The following are tips and recommendations that can help you build healthier habits for a lifetime.



Eat 5 or More Fruits and Vegetables Daily

Especially Fresh or Frozen.

- Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They also contain vitamins, minerals and fiber, which benefit your health
- Emerging science suggests that consuming fruits and veggies may help prevent weight gain
- Go SLOW on vegetables containing sauces and added fat
- Fried potatoes, like French fries or hash browns, and other fried

vegetables should be limited to ONCE IN A WHILE

- Use moderate amounts of good fats like olive oil, avocados and nuts
- Experiment and serve whole grains like oats, millet, quinoa and couscous. Whole grains fill you up and provide longer-lasting energy
- Dried beans are an excellent source of vitamins, minerals and fiber
- Try buying locally grown fruits and vegetables at a farmer's market; they are higher in nutrient content and taste better

Tips for Adding Fruits and Vegetables

- Many fruits and veggies taste great with a dip or dressing. Try peanut butter for added protein, or a low-fat dressing
- Make a fruit smoothie with low-fat yogurt
- Add vegetables to foods you already make, like pasta, soups, pizza and rice
- Add fruit to cereal, pancakes and other breakfast foods
- Wash and chop veggies and fruits so they are ready to grab and eat
- Choose with the seasons- enjoy the harvest of spring, summer, fall and winter

Tips for Cutting Back on Portion Size

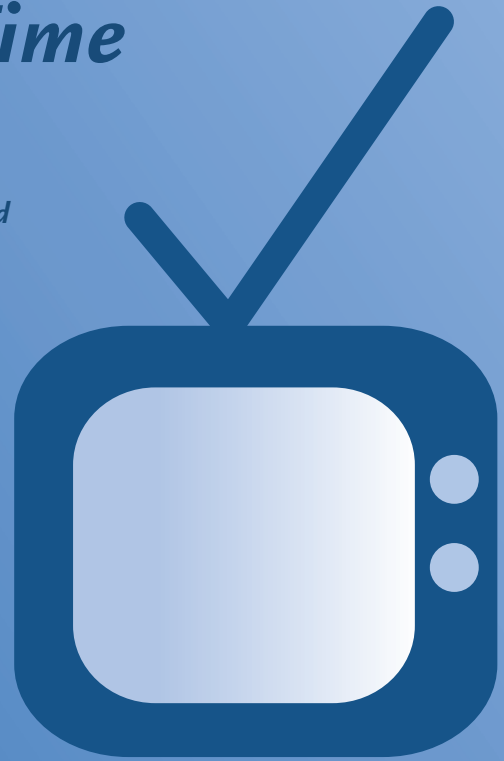
- Avoid “supersize” in restaurants; meals often include enough food for two or three people
- Put smaller portions on a smaller plate; it won't look so skimpy
- When eating out, share a portion with a family member
- Some snack foods often eaten as a single serving contain multiple servings. Read the Nutrition Facts Label; it lists serving size, calories, fat and nutrients
- Instead of giving your child an entire bottle of fruit juice, use half water and half juice



Cut Daily Screen Time to 2 Hours or Less

The American Academy of Pediatrics recommends that children have less than two hours a day of screen time and keeping the TV out of the bedroom

- To maintain a healthy weight, being physically active is just as important as eating right. Avoid too much screen time with TV, video and computer games; homework is a different story!
- People often eat while sitting in front of a screen: little energy OUT to burn off all that energy IN
- Advertisers spend billions marketing to children foods and drinks with added sugar—another good reason to limit their screen time



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Tips for Taming Screen Time

- Set limits: know how much TV your child is watching
- Make screen time active time: have children do yoga or lift hand weights while they watch TV
- Have your child do push-ups or jumping jacks during commercial breaks—make them fun
- Make a family agreement to limit TV/DVD/video watching or gaming to 2 hours (or less) a day and go to the park instead
- Pop in your favorite aerobic-exercise tape or DVD to get your heart pumping

Participate In at Least 1 Hour of

Moderate Physical Activity Every Day

and 20 Minutes of Vigorous Activity at Least 3 Times a Week

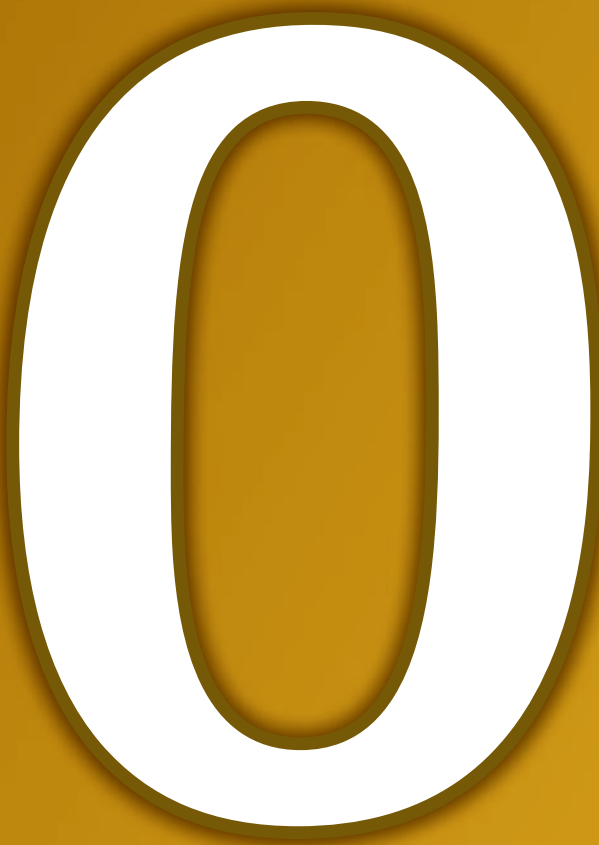
- Moderate physical activity includes hiking and dancing, while vigorous activity includes running, aerobics and basketball. Either type of activity should increase heart rate
- Regular physical activity is essential for weight maintenance and prevention of diseases such as heart disease, diabetes, colon cancer and osteoporosis
- Physical activity is the needed energy OUT that burns calories. It also helps you feel energetic and builds strength and endurance
- Physical activity helps relieve stress and improves mental health
- Parents are role models—be active and be ready to play anytime

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Tips for Increasing Physical Activity. It can be Fun!

- It may seem like a lot, an hour -60 minutes- of physical activity most days, but you can make it a family affair
- Take a walk together after breakfast on weekends or after dinner on weeknights
- Walk more. Park farther from the door; take the stairs; plan family activities that involve walking—a hike or visit to the mall. Kick it up a notch, and walk faster than you usually do
- Make it a game: count your steps with a pedometer
- Turn on the music and dance with the kids at home
- Jump rope with your children, or play outside together with the dog for 20 minutes after work
- Do push-ups or jumping jacks and get silly
- Play basketball as a family, or rake the leaves together





0 Almost None: Restrict Soda and Sugar Sweetened Sports and Fruit Drinks

Instead, Drink Water and 3-4 Servings a Day of Skim or 1% Milk. A Serving of Milk is 1 Cup

- The consumption of sugar-sweetened beverages has increased dramatically over the past 20 years; high intake among children is associated with overweight and obesity. Many children and teenagers, especially girls, don't get enough calcium, which is vital for strong bones and teeth and many body functions. Giving your children skim or low-fat milk instead of a sweetened beverage can give their bodies a boost
- The empty calories of soft drinks contribute to overweight and obesity; such weight gain is a prime risk factor for type 2 diabetes, which is now becoming a problem for teenagers for the first time

Tips for Reducing Added Sugar and Artificial Sweeteners

- Encourage your child to drink plain water
- Tell your child that sugar has no nutritional value, adds calories and can promote tooth decay
- Read nutrition labels and note ingredients; White sugar and corn syrup are added to many foods, even bread, crackers and sauces. Buy brands that don't have added sugar
- Restrict your purchase of sugary foods; when it's not in the house, you'll eat less
- Eat naturally sweetened foods such as raisins, apples, and dates
- Try replacing white sugar with honey and maple syrup



To join Kids' Fans, contact Annette Maiberger at Stamford Hospital, 203-276-7448 or amaiberger@stamhealth.org. Visit www.stamfordhospital.org for more information

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Childhood Obesity Task Force member organizations:

Childcare Learning Centers Inc.
City of Stamford Health and Social Services Department
Mayor's Youth Service Bureau
Stamford Public Schools
Women Infant and Children Program
Sodexo
Stamford Youth Foundation
UConn-Stamford

STAMFORD HOSPITAL Team

Community Health Education
Family Medicine
Food and Nutrition
Health and Fitness Institute
Pediatrics
Social Work

Credits

Adapted from the We Can Parent Handbook, U.S. Department of Health and Human Services, National Institutes of Health; and Tips for Parents and Children, Maine Center for Public Health and National Initiative for Children's Healthcare Quality Inc.

Stamford Hospital is a member of We Can!, a public outreach program. Visit the We Can! website at wecan.nhlbi.nih.gov and www.stamfordhospital.org for more information about maintaining a healthy weight, nutrition and physical activity, recipes, healthy tips, and additional resources

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