

Steps to a

Healthy Me!

Eat Well - Play Hard!



Presented by



Healthy Bear has the POWER



In this book, CHKD's Healthy Bear will help you learn how to make healthy choices about:

What you eat and drink

How much you eat and drink

Making your body and spirit strong by **exercising**

Dear Parents

Through our partnership with Kroger and Virginia Stage Company, Children's Hospital of The King's Daughters has created this publication to teach children good health habits that will serve them well all throughout their lives.

It contains information from CHKD's Healthy You for Life program, and focuses on three aspects of a healthy lifestyle: positive self-esteem, sound nutrition and regular exercise.

We hope you and your child will read this booklet and incorporate its lessons into your daily lives. Our goal is to help you and your family be healthy and happy together.

Yours truly,
Healthy Bear

Why should you Be healthy?

You are a V.I.P.

(Very Important Person)

How do you treat a very important person?
See if you can unscramble the letters below.

senkidns k _ _ n d n _ _ s _ _

ptceser r _ _ s p _ _ _ t

Now fill in the blanks in the sentences with the words you figured out.

I will treat myself with _____

and _____ because

I am a _____ ery _____ mportant _____ erson.

The Power of you
The world needs your star qualities. That is why it is so important for you to be healthy and strong.

What makes you SPECIAL?

Every person is different. People come in all shapes, sizes and colors. People also have different interests, talents and abilities (things they are good at). Let's take a look at some of yours.

Star Qualities

Circle the words that describe you:

- kind
- friendly
- curious
- careful
- funny
- helpful
- quiet
- musical
- peaceful
- athletic
- smart
- artistic
- responsible
- cheerful
- brave
- caring
- creative
- calm
- energetic
- respectful
- hard-working
- loving

Star story

The words you circled above are your **star qualities**. Now, let's use your star qualities to write about you.

_____ is a very _____ (your name) (star quality) _____ (boy/girl) _____ (he/she) loves _____ (favorite activity) because _____ (he/she) is very _____ (star quality). With _____ (his/her) friends, _____ (your name) is _____ (star quality) and _____ (star quality). At home _____ (your name) is _____ (star quality) and _____ (star quality). _____ (your name) is _____ (star quality) and _____ (star quality) at school. All these qualities make _____ (your name) a unique and special person.



FOOD IS energy

Energy revs engines

Cars use gas for energy. Your body uses food and water. Foods that are bright colors, like red, green, yellow and orange, have lots of good fuel in them. The more active you are, the more food you need. If you stay parked on the couch, you do not need as much food.



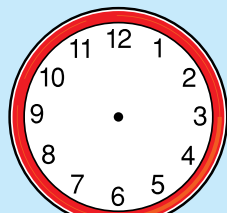
Telling time – to eat

Your body can run out of food just like a car runs out of gas. That is why you should eat three meals a day and a healthy snack. If you skip a meal, you could run out of gas.

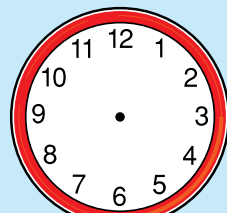
When you miss a meal, you might feel weak, tired or dizzy, and you might get a headache or cramps in your stomach. So be sure to eat your meals and snack on time.



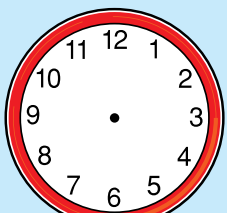
Draw the big and little hands on the clocks to show what time you usually eat.



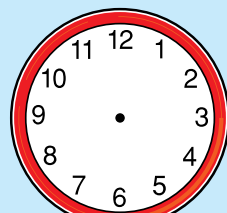
BREAKFAST



LUNCH



SNACK



DINNER

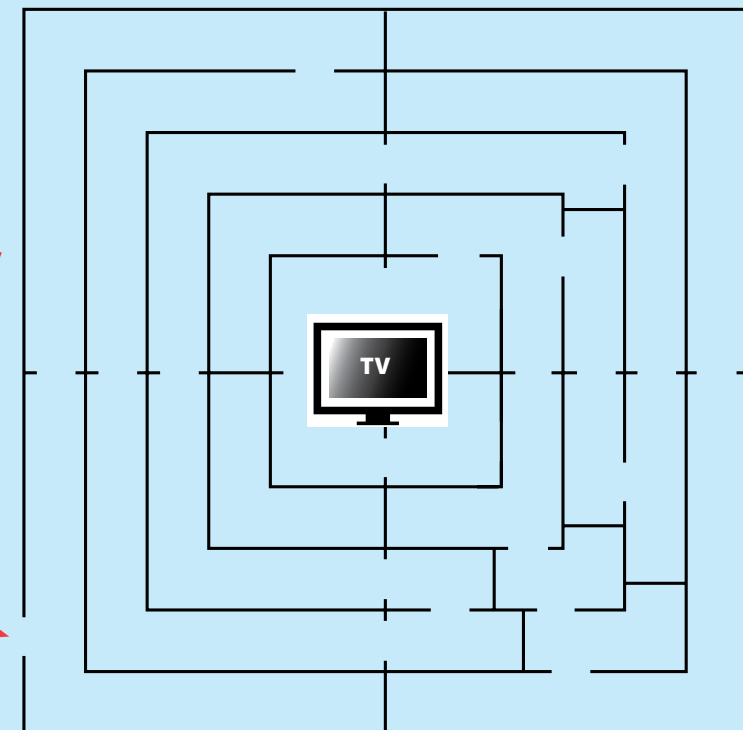
Why You Need Sleep

You need at least 10 hours of sleep each night, maybe more. If you don't get enough sleep, you might not do as well in school or on your sports team. Sleep is food for the brain and body that keeps you healthy. When you don't sleep enough, you could get sick more often and even gain weight that you don't need. These four tips will help you sleep better:

1. Be active during the day, but not too close to bedtime.
2. Turn off the TV, laptop, tablet and cell phone before bed.
3. Be sure to go to bed at the same time every night.
4. Relax and focus on happy thoughts.



Help Healthy Bear get to bed without watching TV.



The good stuff in food



Protein helps your body grow and stay strong. Protein is in meat, beans, nuts, milk, yogurt and eggs.



Carbs (short for carbohydrates) give you energy to run, jump, play and think. Carbs are in fruits, vegetables, cereal, bread and pasta.



Fats help make you feel full and help protect your bones and organs from getting hurt. Fats are in butter, cheese, salad dressing and mayo.



Fiber helps food move through your body. If you don't eat enough fiber, it's hard to go to the bathroom. Fiber is in vegetables, fruits and whole grains, like whole wheat bread.



Vitamins are good for your bones, eyes, skin, blood and many other parts of your body. Fruits and vegetables have lots of vitamins.

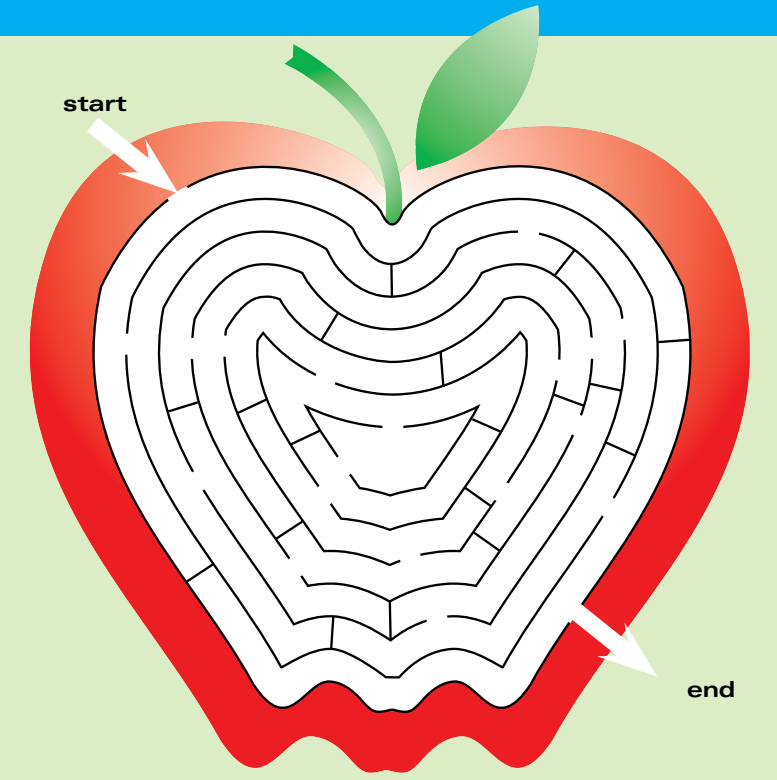
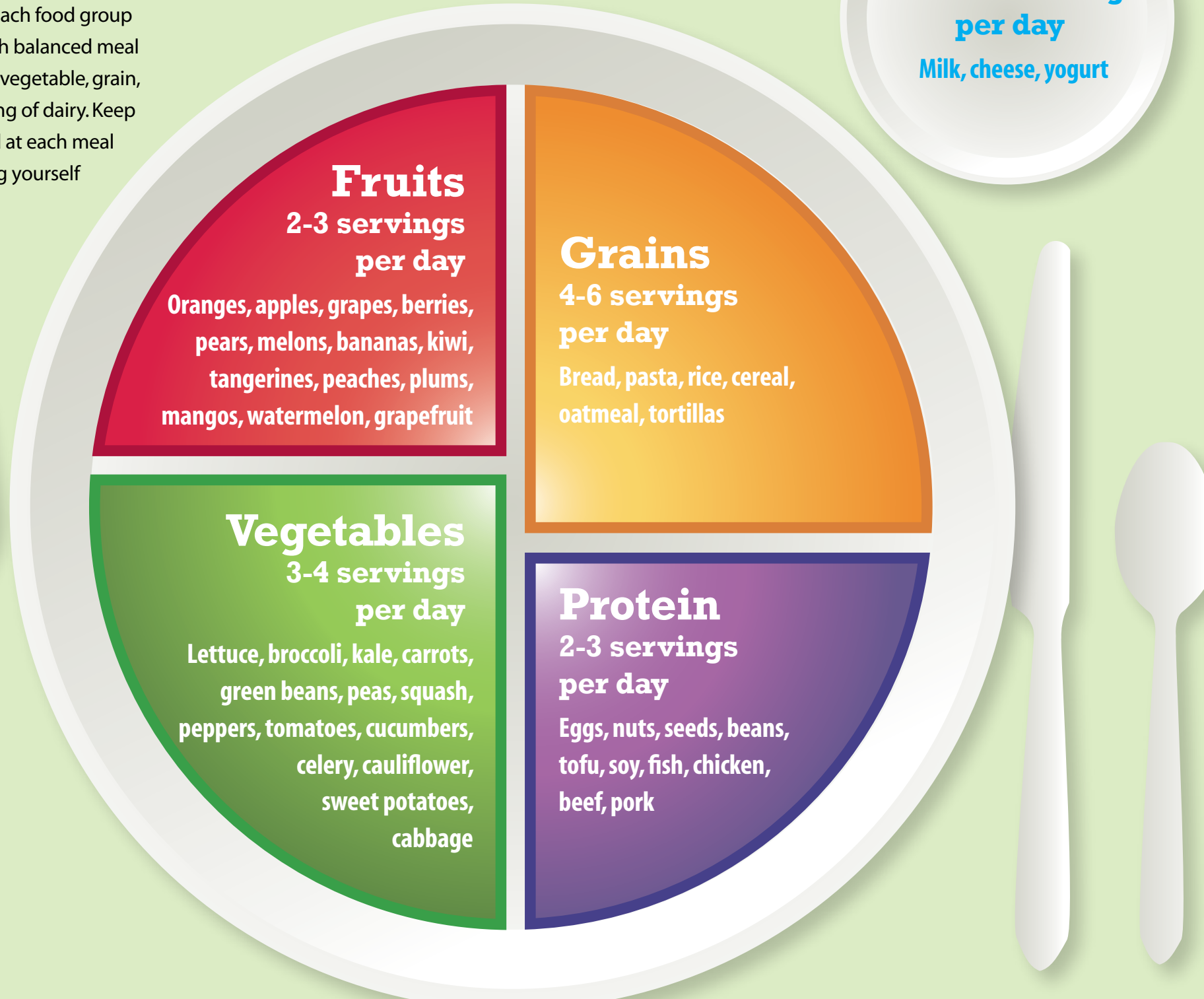


Minerals build strong bones, teeth, muscles and blood. Minerals are in milk, vegetables, meat, nuts, grains and fruits.



Making healthy food choices can be simple when you use the MyPlate method. MyPlate illustrates how to build a healthy plate at each meal and how much of each food group you should eat. Each balanced meal should have a fruit, vegetable, grain, protein and a serving of dairy. Keep this picture in mind at each meal when you're serving yourself and your family.

BUILD A Healthy Plate



Super groups

- Draw a circle around the foods in the **grains** group.
- Draw a rectangle around the foods in the **vegetables** group.
- Draw a square around the foods in the **fruits** group.
- Draw an oval around the foods in the **dairy** group.
- △ Draw a triangle around the foods in the **protein** group.



Making good choices

Sugar and fat can make you overweight and slow you down.

Limit the fat: We measure fat in grams. Most kids should eat no more than 60 grams of fat in a day.

Limit the sugar: Sugar makes food taste sweet, but it's bad for your teeth and may make you run out of fuel faster than foods with less sugar.

Limit the sugar

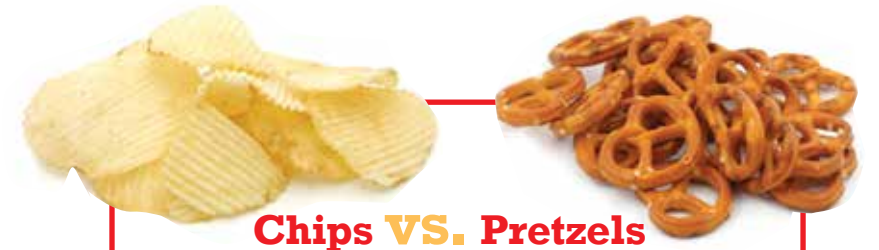
Eat less of these foods, which are high in sugar.

Food	Spoons of sugar
1 can of soda pop	10
1 cup of gelatin dessert	10
1 cup vanilla ice cream	6
1 chocolate candy bar	5 1/2
2 tablespoons of pancake syrup	5
1 slice of apple pie	5
1 toaster pastry, frosted	4
3-inch chocolate chip cookie	3
2-inch square brownie	3 1/2

Limit the fat

Eat less of these foods, which are high in fat.

Food	Fat grams
Cheeseburger kid's meal	25
Chicken nugget kid's meal	23
1 cup ice cream	22
Medium fries	20
Slice pepperoni pizza	12
Regular cheeseburger	12
Glazed doughnut	10
Slice American cheese	9
Small bag of chips	9



Chips VS. Pretzels

Size	2 ounces	Size	2 ounces
Calories	300	Calories	200
Fat	20 grams	Fat	2 grams

Substitute 2 ounces of pretzels for 2 ounces of chips and you save 100 calories and 18 grams of fat. If you do this five times a week, you save 500 calories and 90 grams of fat per week. If you do it five times a week for a year, you save 26,000 calories and 4,680 grams of fat (the equivalent of about 50 sticks of butter).

Serving Sizes

Just-right sizes



1 pancake = DVD

Say NO to super sizes

Some servings are way too big for you. A double cheeseburger with a large order of fries and a large soda has almost as many calories as some kids need in an entire day.



Fries

Medium fast food fries = 450 calories
 Large fast food fries = 540 calories
 Supersize fries = 610 calories



Burgers

Regular fast food hamburger = 300 calories
 Fast food double cheeseburger = 500 calories
 Large hamburgers with famous names = 600-700 calories



Movie snacks

One bag of light microwave popcorn = 100-150 calories
 Large movie theater popcorn w/butter = 1,600 calories
 Large regular soda = 410 calories

1 cup cold cereal = tennis ball



3 ounces meat = deck of cards



1 cup of veggies = baseball



1 bagel or roll = can of tuna



1/2 cup pasta = computer mouse



1 tsp mayo = tip of your thumb



Drinks Count, too



On the road to good health, drink water instead of sugary drinks



	Water Add a squeeze of lemon if you like. Try to drink four glasses a day.	
	Milk Drink two or three glasses a day of unflavored skim or 1 percent.	
	Juice Choose "100% juice." Limit to one small 6-ounce glass a day.	
	Sports drinks Usually high in sugar. Water is better when active in sports.	
	Soda Each can has 10 teaspoons of sugar in it!	
	Energy drinks These have too much sugar and caffeine.	

Count the spoons of sugar and fill in the blank.



One can of soda has

_____ spoons of sugar.

Reading Nutrition Facts on Food Labels



Most foods in the store have a nutritional label. Understanding the label can make it easier for you to maintain a healthy diet and make nutritional choices.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 Servings per container:**
The first place to start when you look at the Nutrition Facts label is the servings per container. This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. Be sure to multiply the amount in one serving by the number of servings you plan to eat.
- 2 Serving size:**
The information on the label is based on one serving.
- 3 Calories:**
This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.
- 4 Fats, cholesterol and sodium:**
Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers or high blood pressure. Choose foods with low values in this category.
- 5 Sugar and added sugars:**
Some foods naturally contain sugar while other foods have sugar added during processing. Comparing "Added Sugars" with "Total Sugars" helps you understand how much sugar has been added to a product. Eating too much sugar, especially added sugar, is not good for you and makes it difficult to get the required dietary fiber, vitamins and minerals you need each day and be able to stay within calorie limits.
- 6 Fiber, vitamins and other nutrients:**
Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. Choose foods with higher values in this category.

Why exercise?

- Makes your heart stronger 
- Prevents some illnesses
- Makes your muscles stronger
- Makes your bones stronger
- Helps control your weight
- Calms you down if you're upset
- Makes you feel happier 
- Improves your balance
- Makes you more flexible
- Relieves stress

Sweat is cool!

Sweat is your body's air conditioning. When you work out, your body gets hot, so it makes sweat. The sweat dries on your skin and cools you off – just like a spray with a hose or a dip in the pool in the summer.

Is it really exercise?

If you're sweating from activity, you're exercising. Exercising changes your breathing. If you are breathing so hard that you can't talk, slow down. If you are breathing so easily that you can sing, speed up.



Exercise Burns Calories

All food has calories. Eating more calories than you burn can make you overweight. The more active you are, the more calories you burn.

How many calories should you eat?

GIRLS			BOYS		
Age	Sits a lot	Moves a lot	Age	Sits a lot	Moves a lot
6-8	1,200	1,800	6-8	1,400	2,000
9-12	1,400	2,200	9-12	1,600	2,400



Aim for 60 minutes of movin' and groovin' every day. It doesn't have to be all at once.

With friends:

- Have a dance contest
- Ride bikes
- Play kickball
- Play catch
- Play tag
- Jump rope
- Play on a sports team
- Roller skate

With your family:

- Go for a walk together
- Plant a family garden
- Play at the park
- Take a family bike ride
- Hike a nature trail
- Swim
- Fly kites
- Do a fun run
- Train for a race
- Dance

By yourself:

Skate. Skateboard. Make up a dance routine to your favorite song. See how many cartwheels or jumping jacks you can do. See how many times you can jump rope without messing up. Shoot hoops, dribble a ball, pitch at a target.



Join a team – or not!

You don't have to be a fast runner or be good at catching balls to do something athletic. Try swimming, bike riding or martial arts. Go for a walk, play with your dog, dance around the house, rake leaves or jump rope. Try lots of things until you find what you like doing. There's something for everyone!

TUNE UP

Add some music to your exercise routine. It can really keep you going and makes the time fly. Exercise and music go together like peanut butter and jelly.



Find an activity. Then try it!

Exercise for an hour every day.

Find fun ways to exercise in this word search.

BALLET	DIVE	KARATE	SKATE	SWIM
BASKETBALL	FOOTBALL	PITCH	SKI	SWING
BIKE	HIKE	PLAY	SKIP	TAG
BOWL	HOP	ROW	SOCCER	TENNIS
CHEER	JUMP	RUN	SURF	THROW

R U S J L B A H N R T K S
 A T R U N X S O C C E R O
 F G S M S K I P S K A T E
 A C W P L A Y A P U M A N
 D B I K E R F S W E R G L
 R U M S B A L L E T H F P
 B A S K E T B A L L P T Z
 O E X I T E N N I S A Q B
 W E Z N P Y E L U C W O S
 L A Z P I T C H C H I K E
 B T H R O W D I V E D S U
 E F O O T B A L L E L E M
 Q T S W I N G K M R I P X

Healthy You's Countdown to Family Fitness

5 servings of fruits & vegetables
 Fruits and vegetables help provide vitamins, minerals and fiber. A serving is one-half cup of cut fruit or veggies, one cup of salad greens or one-quarter cup dried fruit.



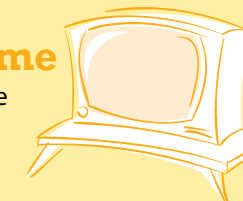
4 servings of water
 Drink water every day to satisfy thirst and provide fluid for growing bodies. No soft drinks, sodas or sweetened drinks!



3 servings of low-fat dairy
 A serving is an eight-ounce cup of low-fat or skim milk or yogurt, or 1½ ounces of low-fat cheese.



2 hours or less of screen time
 Limit time spent watching television, using the computer or playing video games.



1 hour or more of physical activity
 Encourage your children to actively play for 1 hour every day. Try running, skipping, jumping or dancing each day.



GO! Physical activity combined with good nutrition will help the whole family stay healthy.

My Healthy Life

Write down some ways you can:

- Celebrate your star qualities
- Eat better
- Exercise more

What I eat

Example goals: I will eat fresh fruit every day. At fast food restaurants, I will order a grilled chicken sandwich. I will eat less fat and sugar. I will eat different foods that are good for me.

My goals

How much I move

Example goals: I am going to play outside every day. When I watch TV, I am going to do jumping jacks during commercials. I am going to join a sports team. I am going to try a new kind of exercise.

My goals

How I treat myself

Example goals: I will remember that I am a Very Important Person. I will be my own best friend. I will say nice things about myself. I will be myself and not feel like I have to change to make people like me.

My goals



Where healthy food and fun unite!



Kroger is proud to support
Children's Hospital of The King's Daughters

Fresh food. Low prices.

The information in Steps to a Healthy Me! is provided for general educational purposes. For specific medical advice and/or treatment, you should consult your child's pediatrician.