



Healthy Food Habits

Your doctor has recommended that you change your eating and/or exercise habits to help you reach a healthy weight or prevent extra weight gain while you grow. Here are some suggestions to help you get started.

Eat a variety of foods

Eat fruits, vegetables, low-fat and fat-free dairy products, lean meats, fish and chicken, bread, cereal, rice, pasta and corn tortillas. Eat only a small amount of fats like margarine, butter, oil, mayonnaise and salad dressing. Do not eat a lot of fried foods.

Eat proper portion sizes

See the food guide pyramid on the back page for serving sizes. Avoid large portions of foods. Large portions are common when you eat out, so split meals or take half home.

Do not skip meals

Try to eat at the same time every day. Regular meal and snack times will give you more control over what you eat. If you skip meals, you might over eat at the next meal.

Eat slowly

Put your fork down between bites.

Drink plenty of water

Drink about eight glasses of water a day. Regular sodas, fruit juice, fruit punches and sports drinks should be avoided or limited to one per day. Sugar-free drinks are OK in moderation.

Eat healthy snacks.

Regular snacking on chips, cookies, candy and ice cream can cause weight gain. See the snack list for ideas on healthier, lower calorie snacks.

Do not eat in front of the television

It is easy to overeat when you are paying attention to the television and not the food.

Increase your activities

Walk the dog, ride your bike, skate, play basketball, play sports at school or after school, swim or do any activity you enjoy. If you use a wheelchair, talk to your doctor about activities and exercises you can do.

Changing your habits is easier to do if the whole family is helping

Changing to a healthier diet and increasing exercise is good for every person in the family. Do not feel like you have to do this by yourself.



Healthy snacks for kids and grown ups

Remember: Plan your snack time and eat snacks in moderation

- Fresh fruits, frozen grapes, fruit kabobs (Cut up favorite fruits and let children put on wooden skewers – with adult supervision since the sticks are sharp.)
- Bagels
- Dry cereals or cereal with low-fat (1/2 percent or 1 percent) or skim milk
- Low-fat snack crackers and chips like Munch Ems, Mr. Phipps, pretzels, baked chips, low-fat microwave popcorn
- Vanilla wafers, Teddy Grahams, animal crackers, fig cookies, graham crackers, oatmeal cookies (limit amount to a small serving)
- Flavored rice cakes
- Frozen fruit bars, sorbet, fat-free frozen yogurt or ice milk
- Pudding made with low-fat or skim milk (instant pudding is quick and less expensive than the ready-made pudding; put in individual cups for easy serving.)
- Sugar-free gelatin made with fresh or canned unsweetened fruit
- Small cans of juice-packed fruit
- Fruit snacks or fruit roll ups
- Blanched (slightly cooked) plain fresh vegetables or with low-fat or fat-free salad dressing
- Low-fat cheese or turkey sticks
- Frozen banana sticks (Put a popsicle stick into half a banana, roll in yogurt and freeze on wax paper. When frozen, roll in more yogurt and then roll in graham cracker crumbs. Let thaw slightly before eating.)

- Frozen fruit juice popsicles (Partially freeze your favorite fruit juice in a paper cup and then put a popsicle stick in it and thoroughly freeze.)

Get up and get moving

Children who are physically active have more energy and can develop better strength, coordination, balance and flexibility than those who are not active. A physically active lifestyle helps prevent weight gain and obesity. Fitness encourages a feeling of self confidence and control that will help children be happy and healthy.

Physical activity: Any movement will do. A total of 30 minutes of active play and physical activity every day is recommended. This goal can be reached in a few minutes of time throughout the day.

- Walk to and from the bus stop
- Jump rope or play tag at recess
- Ride a bike after school
- Walk the dog
- Take stairs instead of the elevator
- Play frisbee or basketball after supper
- Mow the grass or rake leaves
- Play soccer in the yard with friends
- Help vacuum and sweep the house
- Limit television, video game and computer time to no more than an hour a day

Parents: Be a role model to your children by exercising regularly and remaining active

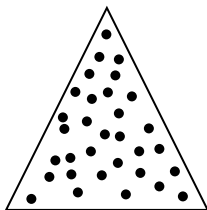
The better choice for healthy eating	Notes
Breakfast	
Instead of	
Try	
Sausage biscuit	Waffle with fruit
Hash browns	Oatmeal or grits
Bacon and eggs	Raisin bran
Whole milk	Low-fat milk
Lunch	
Instead of	
Try	
Cheeseburger	Small, lean burger
Peanut butter sandwich	Turkey sandwich
Pepperoni pizza	Cheese pizza
French fries	Carrot sticks
Potato chips	Pretzels
Soft drink	Water, skim milk or sugar-free drink
Dinner	
Instead of	
Fried, breaded pork chops	
Fried fish	
Fried chicken	
Mashed potatoes with gravy	
Green beans with salt pork	
White rice with gravy	
Refried beans	
Flour tortilla	
Try	
Baked pork chops	
Broiled fish	
Grilled chicken	
Baked potato with low-fat sour cream	
Steamed green beans with a little margarine	
Brown rice with a little margarine	
Fat-free or low-fat refried beans	
Corn tortilla	
*Use the food guide pyramid on the back of this page as a guide to serving sizes and amounts.	

Food Guide Pyramid

Fats, oils and sweets

The small tip of the pyramid includes foods that are typically high in fat, sugar or salt.

These foods provide calories and little else nutritionally. Most people should consume as few of these foods as possible.



Meat, poultry, fish and dry beans (2 to 3 ounce servings)

2 to 3 ounces cooked pork tenderloin or center loin chop

2 to 3 ounces cooked skinless chicken breast

2 to 3 ounces cooked beef tenderloin

2 to 3 ounces cooked unbreaded fish

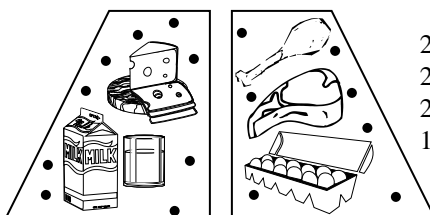
1/2 cup cooked beans

Milk, yogurt and cheese group (2 to 3 servings)

1 cup of skim or 1% milk

1 cup low-fat or nonfat yogurt

1-1/2 ounces reduced-fat cheese



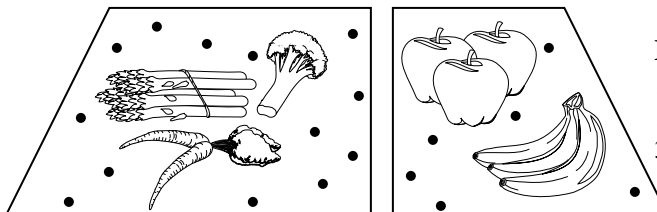
Vegetable group (3 to 5 servings)

1 cup raw, leafy greens

1/2 cup chopped carrots, broccoli or cauliflower

1/2 cup cooked spinach, green beans, peas or squash

3/4 cup tomato juice

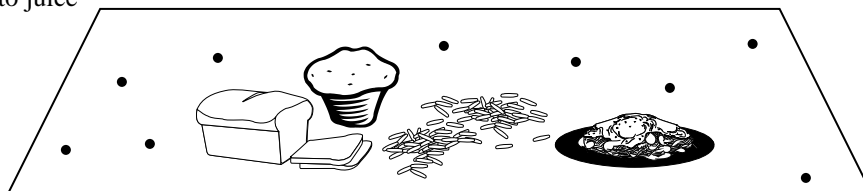


Fruit group (2 to 4 servings)

1 medium apple, orange or banana

1/2 cup cut-up cantaloupe

3/4 cup orange or apple juice



Bread, cereal, rice, and pasta group (6 to 11 servings)

1 slice whole wheat bread

1/2 cup cooked rice, pasta or oatmeal

1 ounce ready-to-eat whole-grain cereal

1 corn tortilla

Developed by Food and Nutrition Services.



Texas Children's Hospital

Texas Children's Hospital Integrated Delivery System (IDS) is committed to a community of healthy children by providing the finest possible pediatric care, education and research.

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