Waikids

basics for healthy kids





	Not yet	Sometimes	Mostly	Always
reakfast every day				
at 5+ a day				
S leep 10-12 hours				
m atch servings to hand size				
a ctivity 60 minutes daily				
educe sugary drinks				
akeaways less than once a week				
at together as a family				
educe screen time < 2 hours				
bodywise@waikatodhb.health.nz			Today you we	re seen by:



Tick your goals here:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Here are some ways to be smarter





Essential fuel for the body to start the day alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams, Weetbix or porridge are great choices
- Chop up some fruit and top with yoghurt
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer
- Find a buddy to eat breakfast with
- Stop eating /snacking after dinner so you wake up ready to eat healthy food
- Eat together as a family more often

Vegetables and fruit are essential for vitamins that we need everyday

- Aim for at least 3 handfuls of colourful vegetables every
- Eat a piece of fruit at breakfast and also pop one in the
- Cut up fruit or carrot sticks for after school
- Thread bite size pieces of fruit onto a kebab stick
- Have a dip with raw carrots, broccoli, cauliflower pieces
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup

S leep 10-12 hours

Getting plenty of sleep helps with weight management, feeling good and learning

- Decide on a suitable bedtime to allow enough hours of
- Have a regular bedtime routine
- Create a guiet space for sleep without distractions
- Remove electronics from the bedroom (tv. playstation, computers & phones)
- Aim for a gap between eating and bedtime. Two hours
- Plenty of physical activity during the day helps kids with

m atch servings to hand size

For age appropriate portions

- Use child's hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/ kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables
- Try the ¼, ¼, ½ rule when serving the dinner meal (i.e. 1/4 plate potato or rice or pasta (carbohydrate), 1/4 plate meat or meat alternatives (protein), ½ plate colourful vegetables)
- If including bread in the dinner meal, reduce the other carbohydrate choice
- Choose smaller bowls and dinner plates if necessary

ctivity 60 minutes daily Think huff 'n puff activity

- Join a club together, karate, squash, badminton, waka
- Do something active as a family in the weekend. Go for a walk around the lake or play at the playground
- Have a family game of soccer or softball
- Park further from the school or shops
- If the journey is less than 2km leave the car at home
- Plan ahead for next seasons sports
- Keep a bag of active equipment handy for outings or when visiting friends/whanau
- Activity can be broken into 10-15 min 'chunks'

educe sugary drinks

Not for every day

- Take cordial, fizzy drink and sugary drink sachets off the shopping list
- Offer cold water from the fridge often
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine
- Buy a new water bottle to keep water tasting fresh
- Flavour water with lemon or berries or mint
- Pack your own cold water when you go out
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink



- akeaways less than once a week

Takeaways include bakery type lunches such as pies/

Talk with the family about what home-cooked meals are







- Sit around a table (or together) for meals
- Decide on a time that will work best for everyone
- Consider after school /work activities
- Turn off the TV and phones
- Cook 1 meal to serve to everyone (no multi meal cooking)
- Eat together for good communication within families
- Remove the bread from the table
- Add a jug of water and a platter of raw vegetables

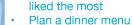


educe screen time



Encourage the kids to be up and active

- Limit screen time to less than 2 hours a day
- Screen time includes: television, computer, game consoles, phones, i-pods etc
- Replace screen time with active time
 - Plan screen time in advance. Talk about how much and
- For every 30 min of screen time take a 10 min activity break
- Make the bedroom a screen free zone. This is a great way on monitoring what the kids are doing



slices/savouries

Write a list for the food shopping

Food not prepared at home

Eat less than once per week

- Share the cooking duties Plan home-made lunch combos with the children
- Stick your combos menu on the fridge
- Keep to regular servings, avoid up sizing