

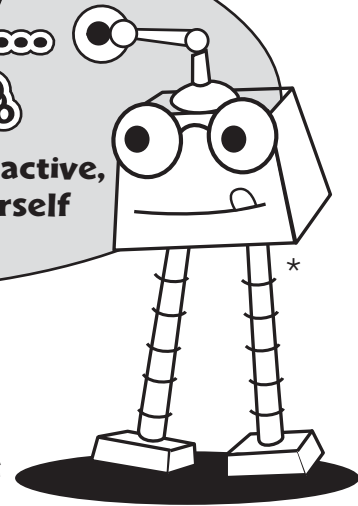
# MISSION NUTRITION

Adventures in learning, created by Canadian dietitians

## MAKE A PLAN... for Healthy Living

Make a plan to eat well, be active, and feel good about yourself every day!

[www.missionnutrition.ca](http://www.missionnutrition.ca)



Having a plan can make it so much easier to balance a busy family life with healthy choices. Use these tips and weekly planner to help your family enjoy healthy living!

### Start with the basics...

#### Eat well

Plan nutritious meals and snacks to fuel your busy days! Healthy eating provides energy and nutrients to grow, learn and be active. Enjoy a variety of foods from each of the four food groups in **Canada's Food Guide** every day. Choose:

<b>Vegetables &amp; Fruit</b> 	<b>Grain Products</b> 
<b>Milk &amp; Alternatives</b> 	<b>Meat &amp; Alternatives</b> 

Visit **Canada's Food Guide** at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) to see how many Food Guide Servings you need each day.

Tip: Have fun trying different foods and cooking new recipes together.

#### Be Active

Get moving more little by little! Encourage kids to be active for at least 30 minutes more a day, and build up gradually to at least 90 minutes of physical activity. Sounds like a lot? Remember every bit counts... like active play at recess or riding a bike to school. Even 5 or 10 minutes of active time adds up... especially when you're having fun!

#### Try these fun activities:

- ☆ Play a game of Frisbee, ball or tag
- ☆ Dive into your local swimming pool
- ☆ Take a spin on a bike, skateboard or skates

Check out **Canada's Guides to Physical Activity for Children and Youth** at: [www.paguide.com](http://www.paguide.com)

Tip: Turn off the TV or computer and get out and play together more!

#### Feel Good

Feeling good about yourself is about believing in yourself. You can help build children's self-esteem by making them feel valued for their unique interests and abilities.

#### Boost each other's self-esteem:

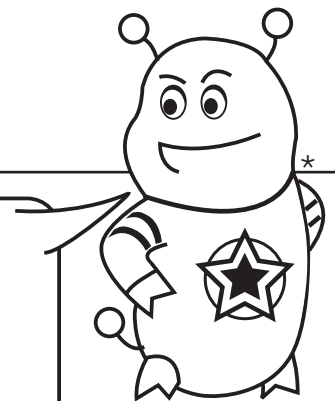
- ☆ Help each other succeed
- ☆ Provide positive feedback
- ☆ Show your confidence in each other
- ☆ Make each other feel important

Tip: Support each other in following your family healthy living plan.

#### Checklist: Be sure to plan...

- ☆ Nutritious meals and snacks with a variety of foods from the four food groups.
- ☆ At least 30 minutes of physical activity, and work up to 90 minutes a day.
- ☆ Something you can do each day to feel good about yourselves.

Tip: Make a copy of the planner on the next page before you begin so you can use it again.





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# Family Healthy Living Plan

Use the handy checklists on this page to make a healthy living plan. Make it a family plan! Choose a few steps you will take to eat well and get more active this week. Work on your plan together as a family. At the end of the week, think about what worked best for your family. Then make another healthy living plan for the next week.

## Healthy Eating Plan - Make Each Food Guide Serving Count!

Choose 2 or 3 ways your family can eat well with Canada's Food Guide this week:

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<input type="checkbox"/> Eat at least one dark green and one orange vegetable each day.	<input type="checkbox"/> Make half of our grain products whole each day.	<input type="checkbox"/> Drink skim, 1%, or 2% milk each day.	<input type="checkbox"/> Have meat alternatives such as beans, lentils and tofu often.
<input type="checkbox"/> Choose vegetables and fruit with little or no added fat, sugar or salt.	<input type="checkbox"/> Choose grain products that are lower in fat, sugar or salt.	<input type="checkbox"/> Select lower fat milk alternatives.	<input type="checkbox"/> Eat at least two Food Guide Servings of fish each week.
<input type="checkbox"/> Have vegetables and fruit more often than juice.			<input type="checkbox"/> Select lean meat and alternatives prepared with little or no added fat or salt.

## Active Living Plan - Make Physical Activity part of each day!

Choose 2 or 3 ways your family can enjoy being more active together this week. Here are a few suggested activities:

### Outdoor

- Catch or Frisbee
- Pick up basketball
- Skating or blading
- Hiking or walking
- Bike riding
- Soccer at the park
- Tobogganing
- Skiing or boarding

### Indoor / Outdoor

- Rock climbing
- Bowling or yard bowling
- Gymnastics or trampoline
- Tennis or badminton
- Swimming
- Dancing
- Volleyball
- Ice or road hockey

Healthy meals and snacks can be as easy as 1, 2, 3!

1. Brainstorm some tasty meal ideas based on your checklist choices.
2. Make a shopping list by jotting down the ingredients you will need.
3. Have fun cooking up some new healthy family favourites together.

**Tip:** Have some fun trying new activities as a family! And make time to play together more often.

