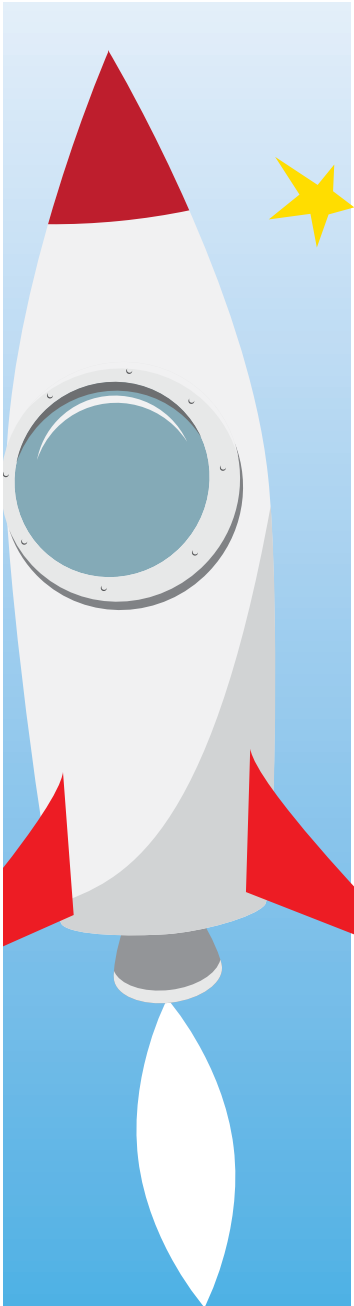




5-4-3-2-1-0

BLAST OFF TO HEALTHY LIVING

As your family pediatrician, we care about your child's future heart health. The American Academy of Pediatrics and the American Heart Association have several recommendations to keep your child heart healthy. Your child's risk of adult heart disease builds up over their entire lifespan, even the childhood years.

When you come in for a check-up, we always ask about family history of heart disease and high cholesterol. Also, we carefully monitor each child's Body Mass Index (BMI). **Being overweight increases the risk for heart disease and other complications.**

We have six ways to keep you and your child healthy. It's called "5-4-3-2-1-0" so it's super simple to remember. Share it your whole family!

5: Eat 5 servings a day of fruits or veggies.

Fruits and vegetables are full of good stuff that your body needs – fiber, antioxidants, essential vitamins and nutrients. Think COLORFUL (natural, not artificial) and try to eat a variety of colors every day.

4: Eat a family meal at least 4 times per week.

Family meals are about togetherness. Every single member sits around the table, sharing a meal and the details of their day. This is valuable time for family bonding and has been shown to reduce troublesome behaviors in teens. Also, if you're eating at home, then you are NOT eating at a restaurant! Fast food restaurants often serve foods high in saturated and trans fats. If it has a drive-through, it is probably not heart-healthy.

3. Eat 3 meals per day.

Don't skip breakfast! Kids and adults who skip this important meal often eat more the rest of the day. Breakfast is a great way to get some much-needed fiber, such as cereal, an orange, or whole grain bagel. Lunch can reboot your energy – include fruit, veggie & protein. Try to make dinner a family affair.

2. Limit screen time to 2 hours or less per day.

Turn off the TV. Screen time – TV, computers, computer games – slows down your metabolic rate. Too much screen time can have a negative impact – kids make poor food choices, increase snacking, and decrease exercise. There are many concerns with media exposure, such as increased anxiety, sleep problems & concentration problems. Be careful of the content of the 2 hours you allow. Never have a TV in a child's bedroom.

1. Get at least 1 hour of physical activity every day.

Get up and get your heart pumping! Run, jump, kick a ball, or just play games that get you moving. You don't have to join a gym or buy expensive tennis shoes. Make it fun & exercise together. Several 10-minute sessions throughout the day can add up to an hour.

0. Consume 0 sugary fluids per day.

Think before you drink. You may be surprised at how much sugar is in sports drinks. Don't drink all your calories. Get more satisfaction from chewing! Cut out sugary sodas (high fructose corn syrup), sweet tea and Kool-Aid. Just choose water.

5-4-3-2-1-0

is easy to remember
and easy to do every
day! Refer to the
separate handouts
for more information
on each area.



BLAST OFF TO HEALTHY LIVING

zero

Cut sugar-sweetened drinks to ZERO

Drinks that contain sugar can lead to weight gain. Just look at how much sugar is in each of these drinks!!

Fruit juice – 12-18 teaspoons of sugar in 16 oz

Regular soda – 17 teaspoons of sugar in 20 oz

Sports/energy drinks – 9 teaspoons of sugar in 20 oz

Flavored milk, sweet tea and some drink mixes and specialty coffees also contain sugar.

- Aim for less than 3 grams of sugar per serving. (there are 4.2 grams of sugar in a teaspoon)
- Beware of “sweetened beverages” that contain a lot of sugar and calories that do not provide any nutritional value.

What's a good choice?

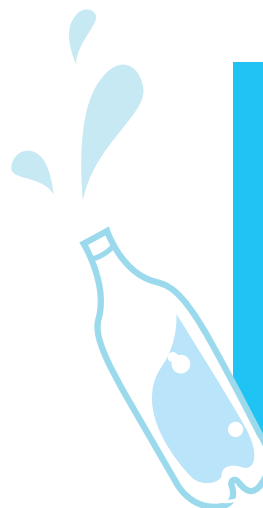
- Water
- Flavored water
- Sugar-free drink mixes

Tips for choosing healthy drinks

- Start by cutting down on sodas and sugary drinks, then cut them out all together.
- Try sparkling mineral water, or add a slice of lemon or lime or fruit juice to add flavor.
- Be a good role model and ask the whole family to stay away from sodas.
- Order water when eating out – it's free!
- Choose fruit juices that are 100% juice, not a juice drink...but limit kids to one glass of pure juice a day.
- Choose plain, not flavored milk.
- Stay away from energy drinks.
- Don't give your kids sports drinks unless they are involved in an hour or more of strenuous physical exercise. Sports drinks are for hydrating, and contain too much sugar for everyday drinking.

**CHOOSE WATER!
IT'S AFFORDABLE,
CALORIE-FREE AND
REFRESHING!**

**The average can of
sugar-sweetened soda
or fruit punch has
about 150 calories!**



5

Eat five servings
of fruits or veggies
every day.

4

Eat together as
a family four
times a week.

3

Eat three meals
a day (don't
skip breakfast!)

2

Limit screen time to
two hours a day.

1

Get at least
one hour of
exercise per day.

0

Cut sugar-
sweetened
drinks to zero.

BLAST OFF TO HEALTHY LIVING

one

Get at least 1 hour of exercise a day

Exercise doesn't have to be hard. Any kind of physical activity counts – just get up and get going! Your goal should be one hour of physical exercise every day.

Why exercise is important

- Keep a healthy weight
- Strengthen bones and heart
- Promote better sleep
- Improve your mood
- Prevent many diseases such as heart disease, diabetes and some cancers

Get moving!

Run, jump, play, dance! Get your heart pumping with aerobic activities that keep you moving. Here are some simple ways to build exercise into your routine – every day!

- Dance
- Play outside
- Ride your bike or scooter
- Take a nature hike
- Go to the park or playground
- Shoot hoops, toss a football
- Kick a soccer ball
- Do yardwork, raking or gardening
- Go on a scavenger hunt
- Do chores during commercials
- Do jumping jacks during commercials
- Take the stairs
- Do stretches, push-ups, sit-ups

Games that get you moving

- Hide-n-seek, Simon Says, Green Light, jump rope, hop scotch, tag, flashlight tag, hula-hoop

Tip for Parents: If you're active, your kids will be active. Create good habits that will last a lifetime.

Resources: Eat Smart Move More NC, www.eatsmartmovemorenc.com



WHAT'S A FIT BREAK?

A short burst of activity lasting 5-10 minutes. Do this several times a day. Short bursts of activity keep you using your body energy and help you maintain a healthy weight.

5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

BLAST OFF TO HEALTHY LIVING

two

Limit screen time to 2 hours per day

Screen time includes watching TV/movies, playing video games, talking/texting on the phone, and using the computer.

What's so bad about tooooo much TV? More than 2 hours of screen time per day can weaken our muscles and bones, slow down how effectively we burn calories, and cause us to be unhealthy!

Tips to decrease screen time

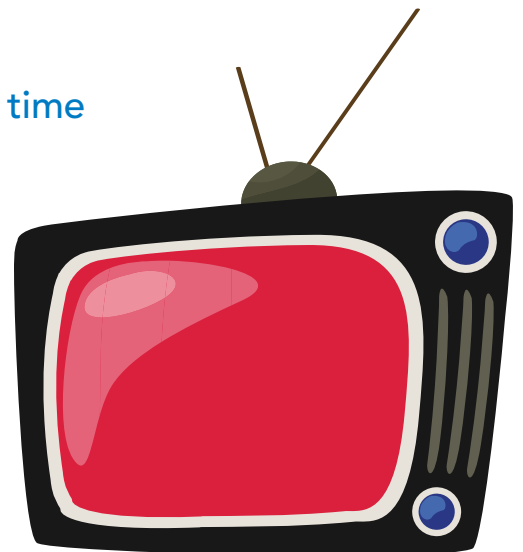
- Turn the TV off during dinner
- Eliminate background TV – keep it off if you are not actively watching it
- Be a positive role model for your children by limiting your own screen time as parents
- Keep TVs and computers out of the bedroom
- Set limits with cell phone use, including turning off at meal time and bedtime
- Set a timer to limit the amount of time spent watching TV, playing video games, or on the computer
- Ensure all homework and chores are completed prior to allowing screen time
- Don't use TV as an award or punishment

Activities to do other than screen time

- Play outside
- Go for a walk or bike ride
- Invite friends over to play
- Read a book
- Play a board game
- Play cards
- Do puzzles
- Play kickball
- Hula hoop
- Draw, paint, color

Become an active participant

- Watch TV with your child and discuss when possible
- Choose video games that encourage physical activity
- Plan what you watch – record programs and watch them later



5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

BLAST OFF TO HEALTHY LIVING

three

Eat 3 meals a day

5

Eat five servings
of fruits or veggies
every day.

4

Eat together as
a family four
times a week.

3

Eat three meals
a day (don't
skip breakfast!)

2

Limit screen time to
two hours a day.

1

Get at least
one hour of
exercise per day.

0

Cut sugar-
sweetened
drinks to zero.

First things first – breakfast!

Breakfast is an important meal – DON'T SKIP IT!

It gives you energy for the day and helps you pay attention in school. Some good choices include:

- Cereal, oatmeal
- Yogurt, fruit, granola bar
- Eggs
- Whole grain toast with peanut butter
- Fruit smoothie

Lunch reboots your energy

Whether you pack your lunch at home or buy it at school, try to eat a balanced meal with a fruit, vegetable and protein source.

- Sandwich with whole grain bread & turkey, ham, chicken, lean roast beef
- Fruit, fruit cup with no added syrup
- String cheese, yogurt, cottage cheese
- Baby carrots, cooked veggies

Lunch Checklist

☐ fruit ☐ veggie ☐ protein

What's for dinner?

Dinner time should be family time! It's a great time for everyone to sit down at the table and eat together. There are great resources online for planning balanced meals, cooking kid-friendly foods and making the most of what's in the fridge. A few ideas:

- Grilled chicken vegetable stir-fry with brown rice
- Whole wheat spaghetti with sauce
- Fajitas with grilled chicken strips and wheat tortillas

Snacks can be healthy

Snacks are okay, as long as you make a healthy choice.

- Apple dipped in peanut butter
- Yogurt and piece of fruit
- Crackers with cheese or peanut butter
- String cheese
- Carrots, celery, or broccoli dipped in light ranch dressing

RESOURCES: www.myeatsmartmovemore.com. Eat Smart Move More North Carolina is an awesome resource! It has information on portions, meal ideas, recipes, eating veggies and "rethink your drink."



BLAST OFF TO HEALTHY LIVING

four

Eat together as a family 4 times a week

5

Eat five servings
of fruits or veggies
every day.

4

Eat together as
a family four
times a week.

3

Eat three meals
a day (don't
skip breakfast!)

2

Limit screen time to
two hours a day.

1

Get at least
one hour of
exercise per day.

0

Cut sugar-
sweetened
drinks to zero.

You can make it happen! Make meal time family time. There are REAL benefits in eating together. In research studies, eating as a family has been tied to:

- Eating more fruits and veggies
- Getting better grades
- Building your vocabulary
- Having fewer problems with mental health

Plus this added benefit – eating together at home is usually less expensive than take-out.

Tips for making family meals easier

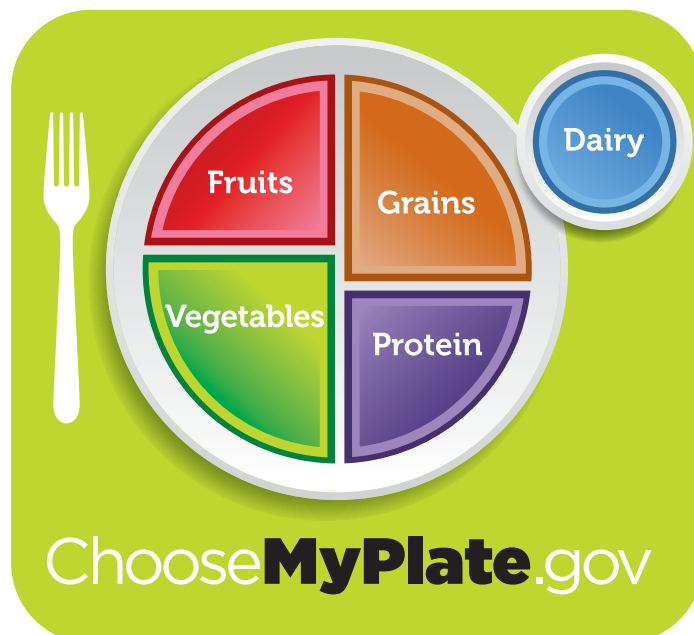
- Plan ahead. Make double recipes on slower days and freeze the extras.
- Get everyone involved in meal selection and cooking.
- Younger kids can wash veggies while older kids can peel.
- Keep things simple. Add canned sauces or simple sides to a rotisserie chicken.
- Make a “no media” rule. Cellphones should be off and no computers or TVs.
- Get creative! For example, a picnic is a great way to bring the family dinner to soccer practice. Try to think beyond a big meal at the dining room table.

It's not just about the food. Meals provide a chance for everyone to connect. Turn meal time into family time at least 4 times a week.

Dinner checklist

- Lean meat, fish, poultry & beans
- Low-fat dairy
- Fruit and veggies
- Whole grains

The family meal is coming back! Studies show that kids who eat with their parents are healthier, happier and better students.



BLAST OFF TO HEALTHY LIVING

Eat 5 servings of fruits & vegetables a day

five

5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

Give a High Five to fruits and veggies. They should be at the top of your list for protecting your health. They are full of vitamins, minerals and fiber. They're easy, portable and yummy!

A diet rich in fruits and vegetables can help decrease the risk of many diseases. There's proof! Studies show fruits & veggies help decrease the risk of stroke, Type II diabetes, cardiovascular disease, hypertension and certain types of cancer.

How much is 1 serving? About 1 cup.

Usually one piece of raw fruits, like a single apple, equals a cup. For big, green, leafy vegetables like spinach, a little more is needed (closer to 2 cups). For dried fruit, a little less is needed (closer to ½ cup).

Adding more fruits and vegetables into your diet

- Add fresh fruit to your breakfast or snacks.
- Replace less healthy snacks like crackers and cookies with fresh veggies. Add a low-calorie dip to stay fueled throughout the day.
- Add more veggies to sauces when making entrees. Even ½ cup of salsa counts as a serving.

When picking fruits and vegetables, aim for a rainbow of colors. The different colors represent a variety of nutrients, including vitamins A and C, potassium, fiber and several of the B vitamins. By trying to get several

different colors of vegetables, you'll have a good balance to keep you healthy.

For more information and some helpful recipes, check out these websites for fruits and veggies at:

- www.fruitsandveggiesmatter.gov
- www.myeatsmartmovemore.com

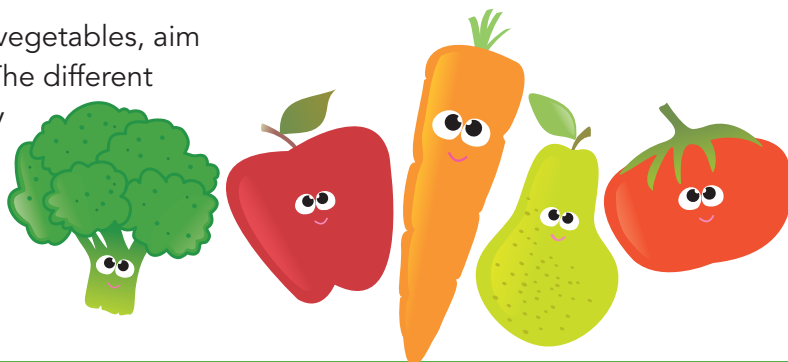
Try something different:

- Dried fruit and veggies (raisins, apples, mangos, apricots)
- Canned fruit snacks without sugar (applesauce, mandarin oranges)
- Vegetable juice. Choose brands that say 100% juice.
- Frozen – they cost less and are refreshing on a hot day. Put on yogurt, cereal. Add to salsa dips.
- Beans are in the vegetable group! Put them in soup, chili, tacos or burritos.

Tips for eating your veggies

Be a good role model – let kids see you eating a wide variety

- Grow a vegetable garden, use a container or join a community garden
- Keep small bags of fresh cut up veggies at eye level in the fridge.
- Keep fresh fruit in plain site where everyone can see it.
- Take an outing to the farmer's market



healthy lifestyle

Wellness begins with a healthy weight

At Jeffers, Mann & Artman Pediatrics, we believe that wellness begins with healthy living. Body weight gives doctors a good indication of your child's health.

A way to determine if your child has a healthy weight is by determining their BMI, or body mass index. It's the number we get by comparing a child's weight and height at their wellness exam.

Having an elevated BMI is becoming a more common health concern for both children and adolescents.

Based on their BMI number, children can be given the medical diagnosis of:

- overweight (BMI 85-94%) or
- obese weight (BMI greater than or equal to 95%)

What causes childhood obesity?

- genetic tendency
- inactivity
- dietary choices

While we cannot change someone's genetic tendencies, we can work together to promote a healthy level of physical activity and good eating habits to achieve your child's best physical and emotional health.

How do you know if your child is overweight?

If your child has a BMI greater than 95% at their annual well child exam, here's what to expect:

1. Complete the questionnaire at each well exam or weight checkup so we can learn more about your family history, family and child's eating habits, leisure activities and physical activity level.
2. Help us to decide if your family is ready to make a change in lifestyle habits that can help your child reach a healthy weight.
3. With our help, decide what changes you are willing to make as a family. We will review the options from the 5-4-3-2-1-0 goals and arrange for a follow-up appointment to check on your child's progress.
4. If needed, we'll suggest labwork to screen for diseases that are associated with having an elevated BMI. We can also refer you to local programs through area hospitals that provide additional resources.

By working together as a team, we can help your child grow into a healthy and active adult.



5
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of fruits or veggies
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4
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