

# Healthy Messaging

## Long Messages

These messages are appropriate for newsletters or e-newsletters.

### Mindful Eating

“**Mindful eating involves paying full attention to the experience of eating and drinking.**”

It includes being aware of all the activities that surround food and eating. Mindful eating helps us learn to listen to what our body is telling us about hunger and satisfaction. It can improve our overall health.

#### SUGGESTIONS FOR MINDFUL EATING:

- Don't skip meals
- Eat sitting down
- Be present — eat without TV, newspaper, computer or work
- Learn to recognize the difference between hunger and cravings
- Notice how much food is on your plate, fork, or spoon
- Take time to enjoy the taste and to chew your food slowly between bites
- Check during a meal to see if you really need more food
- Notice how you feel both physical and emotionally



## Fruits & Veggies

### “ Eat at least 5 fruits and vegetables a day.

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.

Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They may also contain phytochemicals (*fight-o-chemicals*) that work together with fiber to benefit your health in many ways. Different phytochemicals are found in different fruits based on their color — that's why it's important to put a rainbow on your plate.

#### TRY IT:

- Try the three bite rule. Offer your family new fruits and veggies different ways and try at least three bites each time — it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low-fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low-fat yogurt.

#### MIX IT:

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, oatmeal, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.

#### SLICE IT:

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed

#### CHOOSE WITH THE SEASONS:

- Buy fruits and veggies that are in season.
- Remember that frozen fruits and veggies are always available and are a healthy choice.

#### BE A ROLE MODEL:

- You are your family's number one role model, so start practicing the healthy habits you encourage your family to practice.
- Start by making small changes.
- Encourage the whole family to embrace a healthy lifestyle.



LONG MESSAGES *CONTINUED*

## Physical Activity

**“ Incorporate One Hour or More of Physical Activity into your Day.**

Physical activity makes you feel good. It helps keep you at a healthy weight, makes your heart happy, and makes you stronger and more flexible.

**ONE HOUR OF MODERATE PHYSICAL ACTIVITY PHYSICAL ACTIVITY MEANS:**

- Doing activities where you breathe hard, like hiking or dancing

**20 MINUTES OF VIGOROUS PHYSICAL ACTIVITY MEANS:**

- Doing activities where you sweat, like running, aerobics or basketball.

**FREE AND FUN ACTIVITIES:**

- Take a walk with your family
- Play with your pet
- Walk the dog
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot

**For more ideas,  
visit [letsgo.org](http://letsgo.org)**

## Avoid Sugary Drinks

**“ Soda has no nutritional value and is high in sugar.**

Just nine ounces of soda is equal to 110–150 empty calories. Many sodas also contain caffeine, which kids don't need. Try drinking water and low-fat milk instead of soda and drinks with lots of sugar. If you choose to serve juice, buy 100% juice and limit the serving size.

Sports drinks contain lots of sugar. They should only be used when you are active for more than 60 minutes and it is hot and humid.

Energy drinks are NOT sports drinks and should never replace water during exercise.

## Fuel with Water

**“ Water is the body's most important nutrient. Between 70–80% of your body is made up of water.**

- When you exercise, you sweat, and when you sweat you LOSE water and minerals — it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!
- Add fresh lemon, lime or oranges wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.

Replace soda with water instead of other sugar-sweetened beverages, such as juice or sports drinks. Remember, water is the best drink when you are thirsty.