

# Nutrition and Fitness Ideas

You know the importance of good nutrition and exercise, but how do you feed a picky eater or encourage a child who hates sports to play outside? Learn how to keep your child healthy with the right foods and exercise.

## HEALTHY DIETS

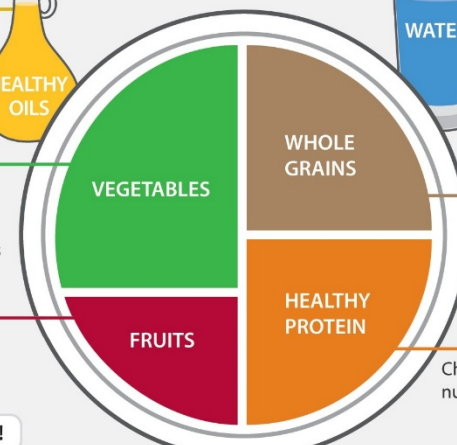
Kids and Food: 10 Tips  
for Parents

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School Lunches

[Easy Take to School  
Lunches](#)

### HEALTHY EATING PLATE



**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**FRUITS**  
Eat plenty of fruits of all colors.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**STAY ACTIVE!**  
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The Nutrition Source  
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Tech *Crazy* Teacher

# Playground



**Kid Friendly!**

# Safety Rules

Exercise Safely

Bicycle Safety for All  
Ages

[Keep Safe when Riding](#)

Keep Your Family Safe on  
the Playground

[Playground Safety](#)