

The Secret to Portion Control Is in Your Hands

Healthy Portions for Any Size and Age!

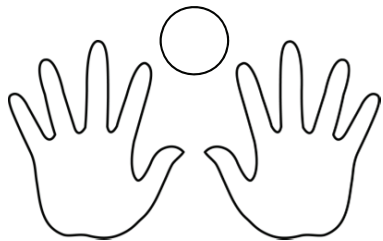
Did you know that your HANDS hold the *Secret* to knowing how much food is just right for you?

Let's make Hand Prints to see how much is just right for you.

1. Write your name and age on this sheet.
2. Place your hands (fingers slightly apart) in the box.
3. Ask someone who is 10 years or older to draw an outline of your hands.
4. Draw a circle between your hands.
5. Turn this sheet over to reveal the secret.

My Name is: _____

I am _____ years old.



The Secret to Portion Control Is in Your Hands

Healthy Portions for Any Size and Any Age

Secrets:

PALM (diameter, height)

Healthy Portion for Starch

Healthy Portion for Meats

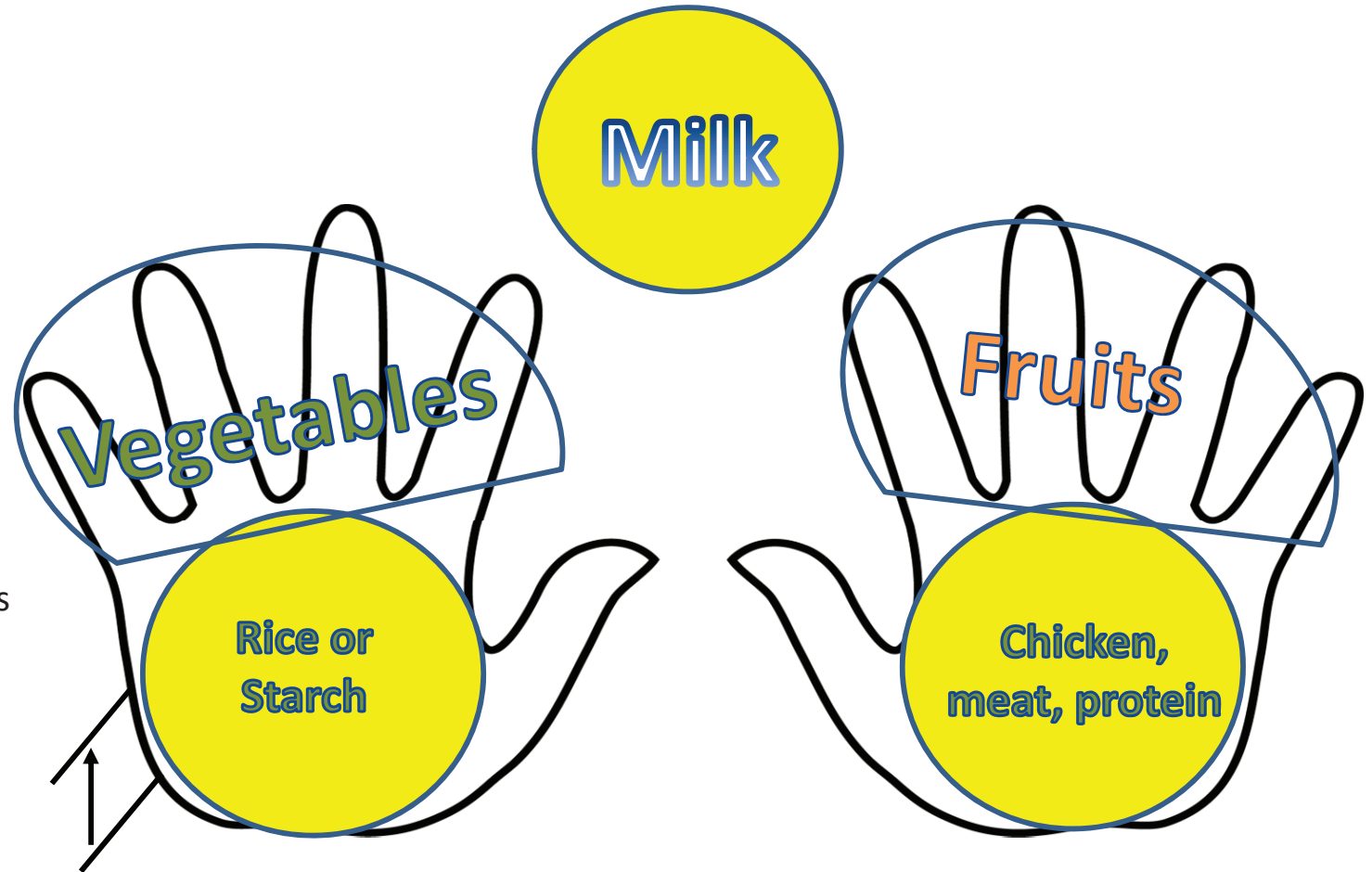
4-FINGERS

Healthy Portion for Veggies

Healthy Portion for Fruits

Fist

Healthy Portion for Milk



One more "Secret":

Children need to be fed:
within 1 hour of waking up
then, every 2-3 hours!



5-2-1-0

PROVEN FOR KIDS, RECOMMENDED FOR ADULTS

5 Offer fruits and vegetables **five times** on most days.

The fiber, vitamins, and minerals in fruits and vegetables are important for your child's growth, development, and immune system.

- Eat fruits and vegetables yourself.
- Make fruits and vegetables available at every meal.
- Try, try, and try again. It takes up to 20 exposures to a new food before children decide they like or don't like it.
- Be patient and persistent. Pressure usually backfires.

2 Limit TV and computer time (not related to school) to **two hours** or less a day.

The American Academy of Pediatrics recommends:

- 2 hours or less of screen time a day (includes television, computer, laptop, tablet, smartphones, and hand-held gaming devices).
- Keep TV sets, computers, tablets, etc., out of bedrooms.

1 Get **one hour** or more of physical activity every day.

Move around! Walk the dog, ride bikes, take the stairs, visit a playground, and do other activities you and your family enjoys.

0 Limit sugar-sweetened drinks.

Drink more water and avoid sugar-sweetened drinks.

Eat well, together

Sharing mealtime responsibility

You decide what to serve, and when and where to eat:

- Tune in to each other. Eat meals and snacks seated together as a family. Keep the TV off.
- Set up a regular snack and meal schedule: 3 meals and 2-3 snacks per day. Offer only water in between meal and snack times.
- Offer a mix of foods at meals and snacks. Include new foods with familiar ones.
- Keep trying! Children may need up to 20 exposures to a new food before they decide whether or not they like it.

Kids decide whether and how much to eat:

- Avoid comments like “clean your plate” or “one more bite.” This allows children to tune into their own hunger and fullness signals.
- Try to be a role model by letting your children see you eating the foods that you want them to eat.
- Include “sometimes foods,” like chips, fries, soda, and desserts. Offer dessert with the meal or have cookies and milk for a snack occasionally. Let your child decide *whether* and *how much* to eat of these foods. This allows your child to learn moderation and to be relaxed about all types of foods.



Screen free Screen time's effects on kids

Watching television, playing video games, and spending time on the computer—it's known as "screen time"—can contribute to unhealthy lifestyles and a lifetime of health problems.

The American Academy of Pediatrics and Kaiser Permanente recommend children under the age of 2 have no screen time. Over age 2, the recommendation is not more than one to two hours per day.

School

Kids who watch more than 10 hours of television per week do more poorly in school and have lower reading scores than kids who watch little or no TV.

Did you know:

- By the time American kids graduate high school, they have spent nearly twice as much time in front of a TV set as they have in a classroom.
- Only 34 percent of children ages 4 to 6 in heavy TV-use homes can read, compared with 56 percent in homes that watch less TV.
- The growth of TV watching in the United States corresponds with a decline in reasoning skills, advanced-writing skills, and verbal SAT scores.

Overweight/obesity

Children who watch too much television often weigh more and are less fit than kids who do not watch a lot of TV. When they're sitting around, they're not getting the physical activity they need to be healthy.

And they eat more junk food. There are more than 200 junk-food commercials shown during an average four hours of Saturday morning cartoons, and studies prove even brief exposure to food advertising influences the food choices of very young (2 to 6 years old) children and their families. In fact, one study showed that babies as young as 12 months respond to TV advertising.

Did you know:

- Watching TV burns approximately two calories per minute—the same as sleeping.
- Each hour of additional TV time corresponds to a two-to-six-percent increase in a child's likelihood of being overweight or obese.
- A Harvard School of Public Health study found watching TV for an extra two hours a day increased the rate of obesity by 25 percent and diabetes by 14 percent in its research participants.
- Reducing TV time has been shown to reduce body weight—even when people didn't increase their physical activity or eat a more healthful diet.

Behavior and attention

Research reveals that a child's environment strongly influences brain development during the first few years of life. Too much screen time deprives a toddler of necessary stimulation, and certain areas of the brain may not develop as fully as they could.

Did you know:

- Watching TV is associated with increased aggression, lower tolerance levels, and decreased attention span.
- Many parents of children diagnosed with ADHD found their difficult behaviors and symptoms improved after they turned off their TV sets.

Other effects

- Too much screen time also has been linked to early sexualization and a greater likelihood of using tobacco or alcohol.

Tips

Being TV-free helps babies, toddlers, and preschoolers develop healthfully and on target. They need time to interact with other humans, experimenting with sounds and talking to and receiving feedback from others. Youngsters also need time for creative play, listening to and telling stories, and exploring their physical world.

Remember, it is much easier to start out with little or no TV in your household than to change gears

with older children. It takes a little creativity and a lot of patience, but the rewards are great!

- Turn off your TV and get the whole family to do something fun—read a book, draw, ride bikes, go to a park, wash the car together.
- Take TV sets out of kids' bedrooms.
- Be a good role model, and let your kids see you doing and being interested in other activities.
- Avoid using TV as a reward or punishment—doing so gives it too much value.
- Participate in moderate physical activity every day.
- Plan ahead. When is it most difficult for your family to avoid TV? Have alternate ideas and activities ready.
- Keep healthy snacks around the house, such as vegetables washed and cut into serving sizes, fresh fruit, or air-popped popcorn.
- Reduce your consumption of sodas and juice drinks.
- Keep track of TV, computer, and other nonactive time each week. Make it a fun game within your family to see who has the lowest total—or challenge each other to try to decrease your totals over time.

For more information about decreasing TV in your life, check out tvturnoff.org. Kaiser Permanente is a proud sponsor of national TV-Turnoff Week.

60 ways to encourage active play



Toys under \$5

1. Bubbles
2. Jump rope
3. Sidewalk chalk
4. Marbles
5. Jacks
6. SuperBall
7. Yo-yo
8. Water squirters

Toys and games for little kids

9. Duck, Duck, Goose
10. Hide and Seek
11. Tee ball
12. Mini-basketball hoop
13. Toys to ride on
14. Shovels and pails for sand (and dirt!) play
15. Sit 'n Spin

Toys kids can play with alone

16. Stilts (can be made out of large cans and string)
17. Hula Hoop
18. Ball you hop on
19. Punching ball or bop bag
20. Rocking horse
21. Pogo stick
22. Skip-It—wear it on your ankle and it counts how many times you jump
23. Jar or box for catching bugs
24. Butterfly net
25. Rope tied to a tree to swing from
26. Little Tikes disc swing (will also tie to a tree branch)

Toys and games to enjoy with brothers, sisters, and friends

27. Big rubber ball
28. Water balloons
29. Twister

- 30. Toy bowling set
- 31. Frisbee
- 32. Frisbee also makes golf, bowling, and horseshoe games
- 33. Koosh “Catcher” and “Paddle Ball” sets
- 34. Toss Across (a tic-tac-toe game)
- 35. Stomp rocket
- 36. Wading pool
- 37. Walkie-talkies
- 38. Badminton
- 39. Croquet
- 40. Wagon
- 41. Bocce ball
- 42. Sprinkler to run in

Easy games for older kids

- 43. Hopscotch
- 44. Hide and Seek
- 45. Tag

Toys for activity in small spaces

- 46. Nerf basketball
- 47. Small trampoline
- 48. Velcro dart board
- 49. Jump rope and book of jump-rope rhymes

Toys that require a helmet and knee and elbow pads

- 50. Scooter
- 51. Roller blades
- 52. Roller skates
- 53. Skateboard
- 54. Bike

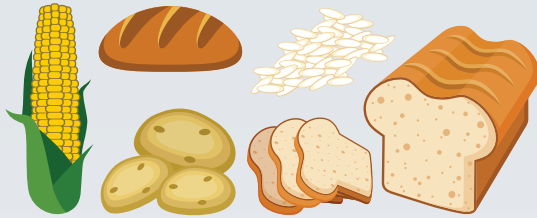
Books to inspire games and activities

- 55. *Let’s Go Outside! Outdoor Activities and Projects to Get You and Your Kids Closer to Nature.* Jennifer Ward, Roost Books.
- 56. *101 Offline Activities You Can Do With Your Child.* Steve and Ruth Bennett, BPT Press.
- 57. *Beach Games for Kids: Children’s Games for Family Vacation Fun in the Sand.* Dan Defigio, Iron Ring Publishing.
- 58. *The 175 Best Camp Games.* Kathleen, Laura, and Mary Fraser, Boston Mills Pres.
- 59. *Cool Jump Rope Tricks You Can Do!* David Fisher, Meadowbrook.
- 60. *Unplug and Play: 50 Original Group Games That Don’t Need Charging.* Brad Berger, Familius.

GO, GROW, & GLOW FOODS

Foods that help you to GO

These foods give you energy to **go** and be active (running, swimming,...).



Foods that help you to GROW

These foods help your body **grow** bigger and stronger.



Foods that help you to GLOW

These foods keep your skin, hair, and eyes **glowing** and looking healthy.



CREATE YOUR KEIKI FIT FORCE HEALTHY PLATE

Choose your favorite fruits and vegetables to complete your healthy plate!

A keiki healthy plate includes:

- 1) fist-sized portion or quarter of the plate of grains, such as brown rice or whole wheat pasta
- 2) palm-sized portion or quarter of the plate of protein, such as chicken or fish
- 3) half a plate of fruits and vegetables, such as apples and broccoli

For more information visit: www.ChooseMyPlate.gov

Teach your keiki healthy habits: www.kpkids.us

Cook healthier at home: www.kp.org/recipes



KAISER PERMANENTE®

THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier.

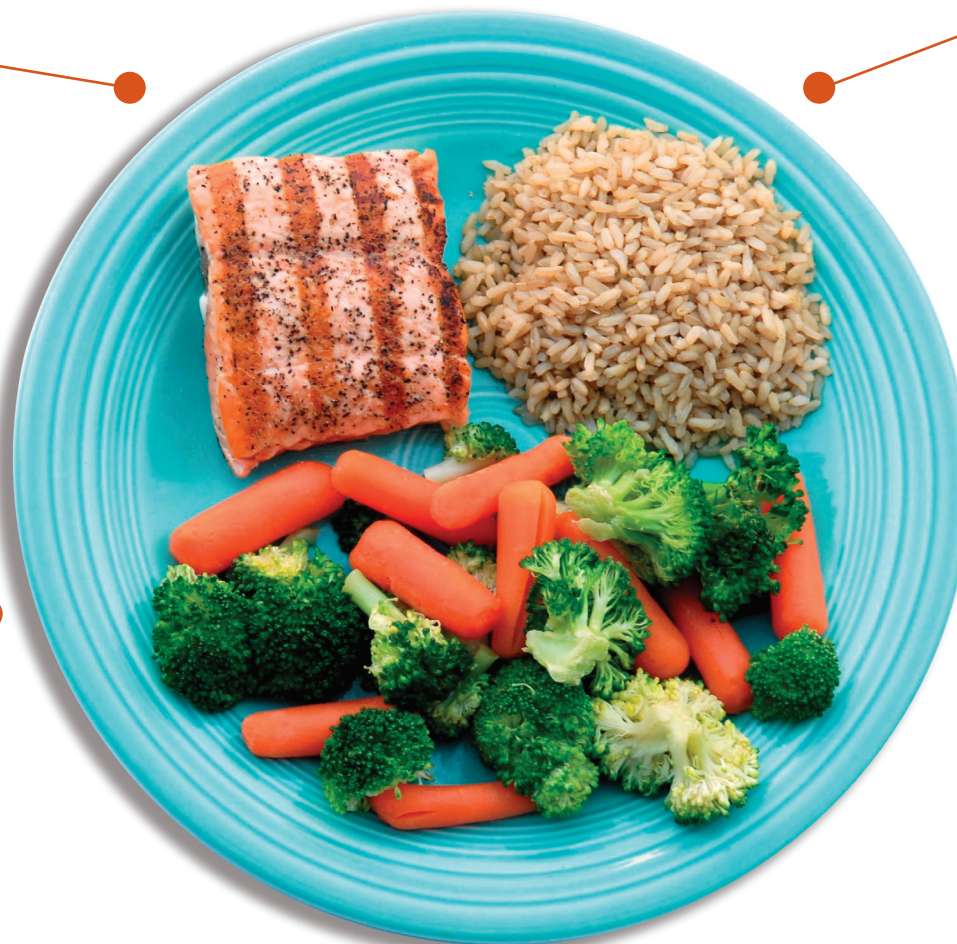
Use an 8 to 9 inch plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches such as brown rice, whole-wheat pasta, poi, taro, corn, peas, whole-grain bread, corn or whole-wheat tortilla



Fill half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine or Manoa lettuce.

For good nutrition also choose each day:

- 2 to 3 small servings of fruit, such as an orange, banana, papaya, apple, or berries or melon.
- 2 to 3 cups of nonfat, low-fat, or non-dairy milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, trans-fat-free margarine, or a small handful of nuts.

ADD VARIETY TO YOUR MEALS

GRAINS & STARCHES

Choose whole grains.
Aim for at least 3 grams of fiber per serving.

WHOLE GRAIN BREAD

Wheat, Rye

WHOLE GRAIN CEREALS

Bran, Oatmeal, Oat Bran

RICE

Brown, Red, Wild

OTHER STARCHES

Whole Grain Crackers, Noodles, or Pasta; Whole Wheat Pita; Corn or Whole Wheat Tortilla

OTHER GRAINS

Barley, Buckwheat, Bulgur, Quinoa, Popcorn

STARCHY VEGETABLES & OTHERS

Acorn Squash, Breadfruit (Ulu), Corn, Green Banana, Green Papaya, Kabocha, Lotus Root (Hasu), Okinawan Sweet Potato (purple), Peas, Poi, Potato, Pumpkin, Sweet Potato ('Uala), Taro (Kalo), Yams

NON STARCHY VEGETABLES & FRUIT

Choose colorful produce in season.

RED:

V: Beets, Peppers, Radish, Tomato

F: Apple, Cherries, Cranberries, Grapefruit, Grapes, Guava, Pomegranate, Pomelo, Raspberries, Strawberries

ORANGE/YELLOW:

V: Carrots

F: Apricot, Cantaloupe, Grapefruit, Mango, Nectarine, Orange, Papaya, Peach, Persimmon, Pineapple, Star Fruit, Tangerine

GREEN:

V: Artichoke, Arugula, Asparagus, Bok Choy, Bittermelon, Broccoli, Brussel Sprouts, Cabbage, Celery, Chinese Peas, Choi Sum, Collard Greens, Cucumber, Fern Shoots (Warabi), Green Summer Squash, Long Bean, Mustard Cabbage, Kale, Lettuce, Marungay, Okra, Pak Choy, Pepper, Saluyot, Seaweed (Wakame), Spinach, String Bean, Sweet Potato Leaves, Swiss Chard, Ung Choi, Watercress, Won Bok, Zucchini

F: Apple, Grapes, Honeydew Melon, Kiwi

BLUE/PURPLE:

V: Cabbage, Eggplant

F: Blackberries, Blueberries, Currants, Figs, Grapes, Plums, Prunes, Raisins

WHITE/BROWN:

V: Bean Sprouts, Cauliflower, Daikon, Jicama, Mushroom, Ogo, Onion, Turnips

F: Bananas, Dates, Pears

PROTEIN

Choose lean and local.

BEANS & PEAS

Black, Black-eyed, Garbanzo, Hummus, Kidney, Lentils, Mungo, Navy, Pinto, Split Peas, Soy (edamame)

SOY FOODS

Foo Jook (dried bean curd), Seitan (vital wheat gluten), Tempeh, Tofu*, Veggie Burger or meat-substitutes

EGG WHITES, EGGS*

FISH & SEAFOOD*

Ahi, Aku, Akule, Anchovies, Catfish, Crab, Clams, Iriko (dried fish), Mackerel, Mahimahi, Opelu, Opihi, Poke, Saba, Salmon, Sardines, Scallops, Shrimp, Squid, Tako, Tilapia, Tuna

LEAN MEATS & POULTRY*

Loin or round cuts of beef or pork, skinless chicken and turkey, uncured lean sandwich meats

DAIRY OR SOY (NON-FAT OR 1%)

Milk, Cheese*, Cottage Cheese*, Ricotta Cheese*, Yogurt

* *Contain few carbohydrates*

HEALTHY FATS

1 tablespoon fat=100 calories.
Limit fried foods.

USE THESE HEALTHY OILS

SPARINGLY:

Canola, Flax Seed, Macadamia, Olive, Walnut

SALAD DRESSINGS

Spritzers, Vinaigrette

NON-STICK COOKING SPRAY

NUTS & NUT BUTTERS

Almond, Cashew, Macadamia, Peanut, Pecan, Pine, Pistachio, Walnut

SEEDS

Chia, Flax, Pumpkin, Sesame, Sunflower

OTHER FOODS

Avocado, Olives

Avoid trans fats and partially hydrogenated oils. Read ingredient list on nutrition labels.

My food journal



The power of good habits

Healthy eating involves eating lots of fruits and vegetables, lean meat, nonfat and low-fat dairy products, and whole grains. It also means limiting sweet liquids (such as soda, fruit juice, and sports drinks), fat, sugar, and fast foods. But it does not mean that you will not be able to eat desserts or other treats now and then. The goal is moderation. These changes are not just good for you, they are good for the whole family. Imagine how your family might be different eating healthy foods. Try making one or two small changes at a time. Now is the best time to learn healthy habits that can last a lifetime.

What should I put in my food journal?

What did you eat and drink? Write down what foods you ate and what you drank for the entire day. Include meals and all snacks. Be as detailed as you can by including portions, extras (dressings, mustard, mayo, etc), candy and soda.

DAY _____

Date _____ Name _____

Hunger/fullness scale

1 2 3 4 5
Very hungry Somewhat hungry Content Comfortably full Very full

Time	Hunger level	Food and drink	Amount

HEALTHY DIET, HEALTHY BODY

Choose a plate, then use the rating scale on the back to rate it!

1 Chicken katsu with white rice and macaroni salad



2 Spam musubi



3 Lean ham and turkey sub-sandwich on white bread



4 Salmon with potatoes and cooked vegetables



5 Tofu stir-fry with brown rice



6 Spaghetti with lean ground beef meatballs



7 Skinless Korean BBQ chicken with white rice and vegetables



8 Poke bowl with brown rice and greens



Help your body be the best by balancing diet and exercise! This will help maintain weight and overall health. Always aim to eat a variety of foods, especially fruits and vegetables.

DIRECTIONS = Color in a star for each food group on your plate. Aim for a total of four stars or more.

Eat lean proteins



Lean proteins are the building blocks for muscles and they supply iron for oxygen and energy.

- Beans (lentils, garbanzo, black, kidney, lima)
- Beef (lean)
- Cheese (low-fat)
- Chicken (skinless)
- Cottage cheese (low-fat)
- Eggs/egg substitutes
- Fish
- Milk (nonfat or 1%)
- Pork and ham (lean)
- Scallops
- Shrimp
- Soy protein
- Soymilk
- Tofu
- Turkey (skinless)
- Yogurt (nonfat or low-fat)



Eat a rainbow of fruits and vegetables

RED – Protects cells from damage and keeps your heart healthy.

- Apples (red)
- Beets
- Bell peppers (red)
- Cherries
- Cranberries
- Grapefruit (red)
- Grapes (red)
- Guavas
- Raspberries
- Strawberries
- Tomatoes
- Watermelon



BLUE & PURPLE – Helps the brain, cells, and heart to do their job.

- Blackberries
- Blueberries
- Grapes (purple)
- Cabbage (purple)
- Eggplant
- Prunes
- Raisins



ORANGE & YELLOW – Keeps eyes and skin healthy. Helps your body fight against illness.

- Apricots
- Bell peppers (orange)
- Bell peppers (yellow)
- Carrots
- Cantaloupe
- Mangoes
- Oranges
- Papaya
- Persimmons
- Pineapple
- Squash (yellow)
- Tangerines



GREEN – Helps with eye health, can prevent cell damage, and helps cells recover after exercise.

- Asparagus
- Bell peppers (green)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cucumber
- Grapes (green)
- Green beans
- Honeydew melon
- Kale
- Lettuce
- Luau leaves
- Seaweed
- Spinach
- Watercress



WHITE – Maintains healthy blood vessels which provide oxygen and food to muscles for exercise and physical activity.

- Bananas
- Bean sprouts
- Cauliflower
- Daikon radish
- Jicama
- Lotus Root
- Mushrooms
- Onions

Eat whole grains and starches

Gives a steady supply of energy during exercise or workouts. Fiber helps you feel fuller for longer periods of time.



- Barley
- Breadfruit
- Buckwheat noodles
- Corn
- Kamut
- Millet
- Oatmeal
- Poi and taro
- Potato
- Quinoa
- Pumpkin (kabocha)
- Rice (brown, red, or wild)
- Rye
- Sweet potato
- Whole cornmeal
- Whole grain bread
- Whole grain cereal
- Whole wheat crackers
- Whole wheat pasta



Eat healthy fats

Along with starches, these fats provide an important fuel source during longer periods of exercise. They can also help with joint and muscle health.

- Avocado
- Fish
- Olive oil
- Olives
- Nut butters
- Nuts
- Seeds

TOTAL NUMBER OF STARS FOR YOUR PLATE:



- 0-1** = Time to take action
- 2-3** = Making some smart choices
- 4-8** = Well done

HEALTHY GOAL SETTING FOR KIDS

My personal health goals are:

✓ Check off which goals you meet each day!



HEALTH GOALS	Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
I ate 3 meals plus healthy snacks.																															
I had at least 1 meal with my family.																															
I ate no fast foods or junk foods.																															
I ate 2 to 3 dairy servings or other calcium source.																															
I ate 3 to 4 cups of fruits and vegetables.																															
I tried 1 new healthy food.																															
I drank less than 1 can of soda or juice.																															
I exercised 30 to 60 minutes or more.																															
I walked 10,000 steps or more.																															
I watched less than 1 hour of TV or video games.																															
I did something I am proud of.																															
I wrote down 5 great things about me.																															
Total goals I reached today!!																															

If I reach ____ goals a week, I'll get to...

HEALTHY GOAL SETTING FOR PARENTS

✓ Check off which goals you meet each day!



HEALTH GOALS	Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
I prepared 3 healthy meals for our family.																																					
I offered my child healthy serving sizes.																																					
We had at least 1 family meal together.																																					
I ate no fast foods or junk foods.																																					
I offered 3 to 4 cups of fruits and vegetables.																																					
I let my child help plan and prepare a meal.																																					
I exercised 30 to 60 minutes or more.																																					
I walked 10,000 steps or more.																																					
I watched less than 1 hour TV.																																					
I took a walk or played with my child.																																					
I complimented or hugged my child.																																					
I rewarded my child for health goals reached.																																					
Total goals I reached today!!																																					

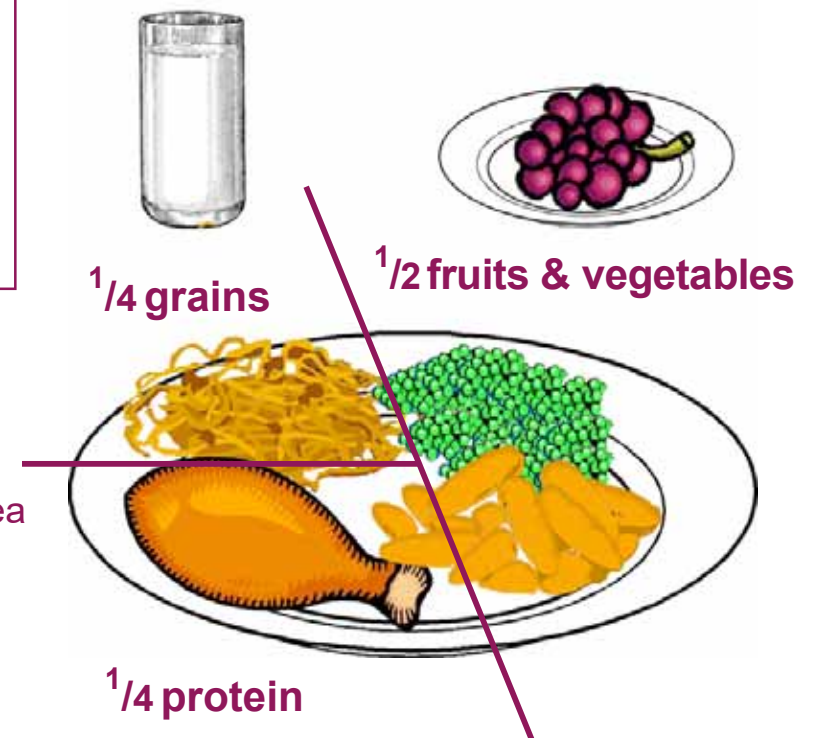
SERVING SIZES PER DAY FOR CHILDREN AND ADOLESCENTS

These are suggested amounts based on average activity levels. To find the exact amount for your child, go to mypyramid.gov.

Food Group	1-3 years	4-8 years	8-12 years	12 years & up
Grains	4 oz.	5 oz.	6 oz.	6-8 oz.
Vegetables	1 ¹ / ₂ cups	2 cups	2 ¹ / ₂ cups	3 cups
Fruits	1 cup	1 ¹ / ₂ cups	2 cups	2 cups
Milk & Milk Products	2 cups	2 cups	3 cups	3 cups
Meats & Beans	2-4 oz.	5 oz.	5 ¹ / ₂ oz.	5-7 oz.

<p>1 oz. of grains =</p> <ul style="list-style-type: none"> 1 slice of bread 1 cup of ready-to-eat cereal 1/2 cup of rice, pasta, or cooked cereals like oatmeal 1 corn tortilla (6" diameter) 3 cups of plain, air-popped popcorn 5 whole wheat crackers 	<p>1 oz. of protein =</p> <ul style="list-style-type: none"> 1 oz. of meat, fish, or poultry 1 egg 1 tbsp. of peanut butter 1/4 cup of nuts and seeds 1/2 cup of cooked beans 1/2 cup of tofu
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When you make your plate, aim for:



Understanding Serving Sizes

- Serving sizes change based on a child's age. Offering children servings that are too large for them can lead to overeating.
- Measure food with a measuring cup or kitchen scale to get an idea of serving sizes.
- Encourage children to eat when they are hungry, and stop when they are full.
- Don't force children to eat everything on their plates.
- Limit juice to 1/2 cup of 100% fruit juice each day.