



Nutrition and Fitness

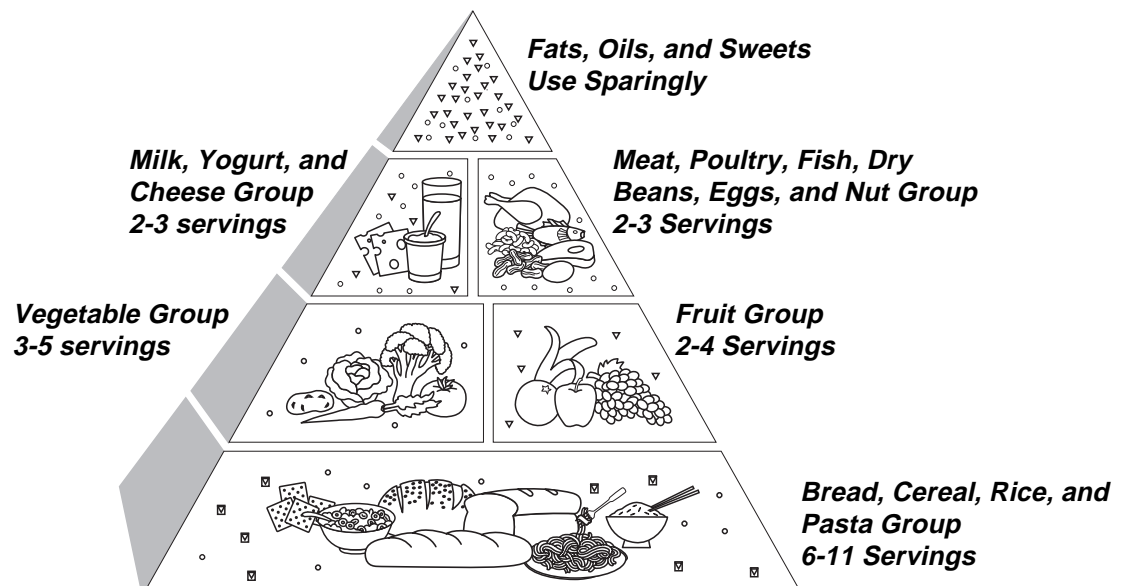
Nutrition and fitness is an important part of a happy and healthy child's life. Lifetime food habits are developed as a child. Help your children to develop good eating habits by teaching them to enjoy foods that are good for health and fitness. Children are likely to have a good appetite when they have enough sleep, exercise, and nutritious food. Remember a child's appetite will vary from one meal to another and from day to day. When children are not hungry, don't force them to eat, and don't worry about it. This is natural.

To promote good appetites and digestion for your child, encourage active play, especially in fresh air if the weather is appropriate. Set a good example for your child by eating a variety of foods and getting plenty of exercise yourself.

Use the below guidelines together as you choose a healthful and enjoyable diet:

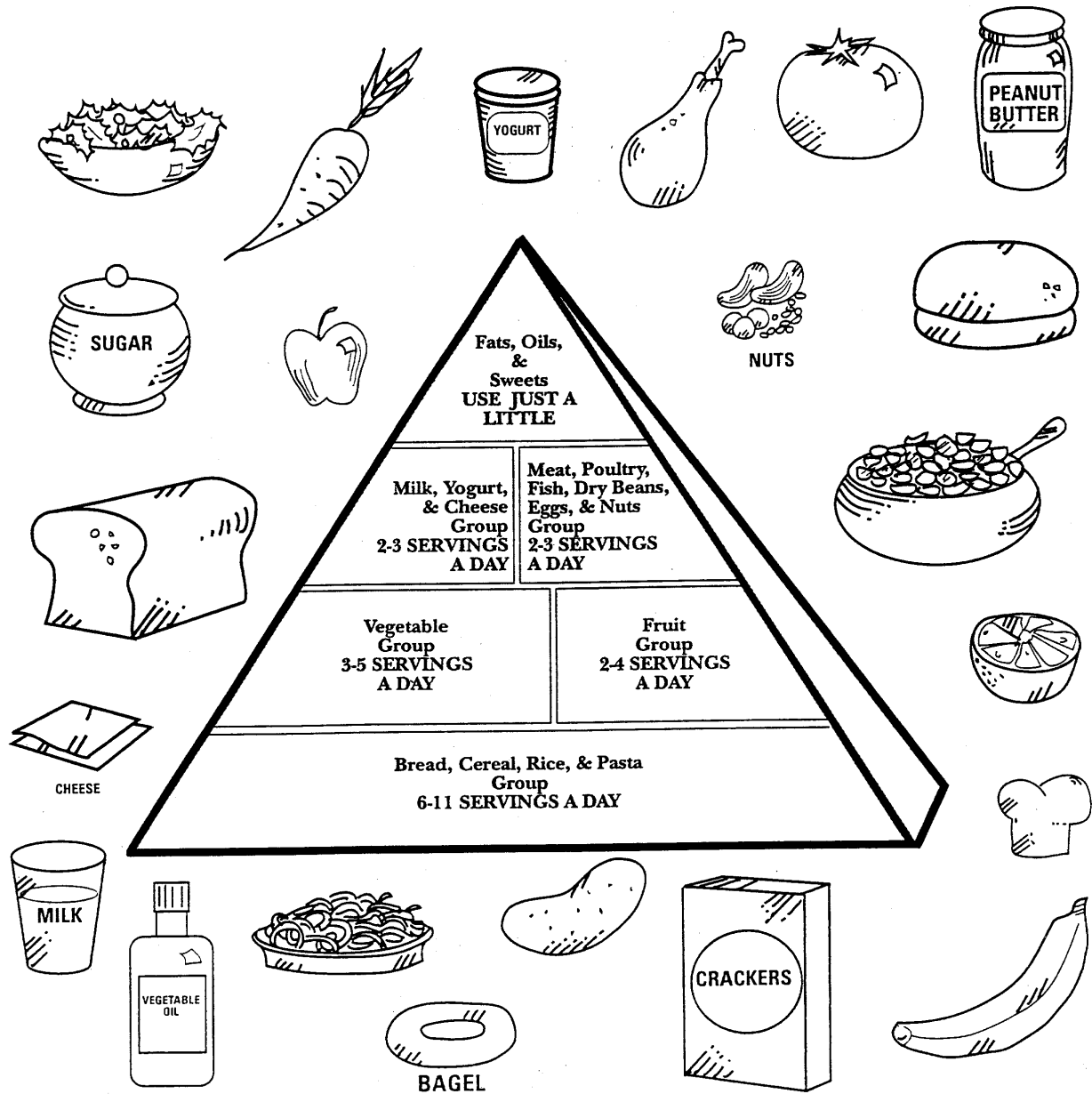
1. Eat a variety of foods.
2. Balance the food you eat with physical activity—maintain or improve your weight.
3. Choose a diet with plenty of grain products, vegetables, and fruits.
4. Choose a diet low in fat, saturated fat, and cholesterol.
5. Choose a diet moderate in sugars.
6. Choose a diet moderate in salt and sodium.
7. If you drink alcoholic beverages, do so in moderation.

Children need well balanced meals at regular hours. Below is the **Food Guide Pyramid: A Guide To Daily Food Choices**. Use this as a guide for your reference.



Food Groups

This is the Food Guide Pyramid. It shows the food groups and how many servings per day of each group you should eat. Around the pyramid are pictures of foods. Draw a line from each food to the food group to which it belongs.



Source: Ohio Department of Health, Fitness and Nutrition Activity Book
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