

# In This Section

## TAB 6: PATIENT TOOLS

### Patient Tools: 2 to 18 Years

#### **5** Eat at least five fruits and vegetables a day.

A Meal Is a Family Affair  
How To Add Fiber to Your Meals  
The Fittest Food  
Breakfast Is Best!  
To have fruits and vegetables year-round, add frozen or canned  
Maine Seasonal Food Guide  
What's a Healthy Portion?  
Get Your Portions in Proportion  
Go Foods, Slow Foods, Whoa Foods  
Tasty Snacks for Healthy Kids  
Fuel Learning with Fruits and Vegetables  
Fuel Learning with Milk, Cheese and Yogurt  
Healthy Shopping On A Budget  
Understanding Food Labels  
Encourage Kids to Eat More Fruits & Veggies

#### **2** Limit recreational TV or computer use to two hours or less.

Promote Healthy Viewing Habits  
Step Away from the Screen!  
Unplugged!  
Take Control of TV and Other Screen Time  
Facts and Figures About Our TV Habit  
Active Video Games: Good for You?

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

Fun Ways to Be Physically Active  
Take It Outside!  
Take It Outside! With Maine Parks Flyers  
Physical Play Every Day! (2 years to 3 years)  
Physical Play Every Day! (Ages 3 and 4 years)  
Physical Play Every Day! (Ages 4 and 5 years)

#### **0** Drink water and low fat milk; limit or eliminate sugary beverages.

Calcium Counts!  
Water is Fuel For Your Body  
How Much Sugar Do You Drink?  
What Should Young Children Drink?  
Enlightening Facts About Juice  
Sports and Energy Drinks  
Drink Your Milk Quiz & Answer Key  
Have a Drink Plan  
For Growing Bones...Which Milk?  
Milk's Unique Nutrient Package  
Think Your Drink

#### Other Resources

Come prepared for your child's blood pressure reading  
Non-Food Rewards at Home  
Healthy Sleep Habits  
Choose MyPlate Brochure  
Choose MyPlate 10 Tips to a Great Plate  
Choose MyPlate Coloring Sheets  
Hannaford Guiding Stars Program  
Nutrition Coordinator Request Form  
Insert: Healthy Favorites: A Booklet Full of Healthy Tips and Recipes