

BARRINGTON CUSD 220  
PROMOTES HEALTHY LIFESTYLE HABITS TO  
INSPIRE ALL LEARNERS TO ACHIEVE EXCELLENCE

HEALTHY EATING

1. *Eat Early: Eating breakfast will make you feel better all day.*  
Breakfast is important for the whole family. Start with some whole grain cereal or bread, yogurt or low fat milk. Be sure to include 100% juice or whole fruit.
2. *Eat Regularly: Grab a power snack to curb munchies.*  
Kids need high-octane snacks to keep them going all day. Make sure they get the energy they need with snacks like string cheese, yogurt, trail mix, baby carrots, and an apple or pear.
3. *Eat Bright Colors: Fight disease with fresh produce.*  
Eating a rainbow of produce will help your family stay healthy today and in the future. Eat green (broccoli), red (tomato), orange (cantaloupe), and blue (berries).
4. *Eat Crunchy: Choose grains, nuts, fruits and vegetables.*  
Crunchy foods are satisfying to chew and packed with phytochemicals (A natural compound found in plant foods that works with nutrients and dietary fiber to protect against disease) and loaded with fiber. Snack on a few nuts, toast some whole grain bread, or bite on a crunchy apple.
5. *Eat Lean: Grow strong muscles with protein power.*  
Kids need protein to grow strong and tall. Choose poultry, fish, or beef and pork cuts from the loin and the round. Add dried beans and peas to soups, salads and casseroles.
6. *Eat Light: Build strong bones with dairy foods*  
Today's reduced-fat dairy products taste great and are packed with bodybuilding nutrients for all ages. Enjoy 1% and 2% milks, fat-free yogurts and low-fat ice cream.
7. *Enjoy!!! Eating well is one of life's pleasures.*  
Take time to plan balanced meals. Involve the children with the planning and preparation of meals. But most of all enjoy meals together as a family.

PHYSICAL ACTIVITY

1. *Regular Exercise: At least 60 minutes per day, every day.*  
Makes muscles and bones strong, improves sleep, and much more. Activities may include: walking to and from school or activities as much as possible; bike rides; trips to local parks; play outside if weather permits; play with the dog; dancing; team sports.
2. *Reduce Screen Time: Television, computer, game-box devices, and videos.*  
The average American child spends almost 6 hours per day in front of a screen. Remove the television set from your child's bedroom. Make a family agreement to limit TV/DVD/video watching or gaming to 2 hours (or less) per day. Don't eat while watching. Stretch, lift weights, or have exercise contests while watching, such as who can do the most jumping jacks during the commercial break.

*Research Supports That Health Habits Are Established Early In Life.  
Now Is The Time To Promote Healthy Lifestyle Practices For Our Children.*