A Dozen Heart-Healthy Habits For Kids.

(...and their parents)

1. EXERCISE
Watch less TV and get moving, walking, biking, playing soccer, baseball, swimming, skating and hiking!

2. MAINTAIN A HEALTHY WEIGHT
Regular exercise and a well-balanced diet will keep you healthy

3. DON'T SMOKE! This one habit affects your current and future health more than any other single thing. Smoking is bad for your heart, bad for your lungs and bad for your breath! And it's hard to quit

4. PREVENT HIGH BLOOD PRESSURE
Exercise, weight maintenance, moderate sodium intake and adequate calcium intake are all related to preventing high blood pressure. Smoking raises blood pressure...don't start

5. CHOOSE A VARIETY OF FOODS and enjoy all foods in moderation

6. 5-A-DAY FOR GOOD HEALTH... fruits and vegetables that is. You can include fruits and vegetables in every meal and snack. Have fruit on your cereal, a vegetable omelet, and a baked potato with broccoli

7. EAT BREAKFAST!
It gets your mind and body fueled for the day!

8. KEEP YOUR FAT INTAKE IN CHECK, especially saturated fat. If you do, the amount of cholesterol you eat will also be in line.

9. EAT LOTS OF WHOLE GRAINS for fiber and energy.

10. WATCH THE EXCESS SUGARS AND SALT. Go easy on salty snacks – they're usually high in fat, too. Serve fruits for desserts and snacks.

11. KNOW YOUR FAMILY HEALTH HISTORY!
Kids need to have their cholesterol checked if high cholesterol or heart disease runs in the family.

12. CHOOSE LOWER FAT, HIGH QUALITY PROTEIN SOURCES like skim or 1% milk, eggs (especially egg whites), lean meat, fish, chicken and legumes.

Denton County Health Department

*Adapted from the Egg Nutrition