

# HEALTHY GOAL SETTING FOR PARENTS

Choose the top 3 goals you want to work on.

My health goals for my family 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	31	
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 5 to 9 servings 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 limited screen time (TV, video games, and computer) for my child.																																	
I took a walk or played with my child.																																	
I complimented or hugged my child.																																	
I rewarded my child for health goals reached.																																	
<b>Total goals I reached today:</b>																																	

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

# Understanding Serving Sizes

## 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 [choosemyplate.gov](http://choosemyplate.gov).

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

### 1 oz. of grains =

- 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

### 1 oz. of protein =

- 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

- 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.

## When you make your plate, aim for:

