

## A Parent's Guide



### 20 Ways to Make Your Child *fit for learning*

1. Be a good role model.
2. Pre-cut fruits and vegetables for easy access.
3. Eat dinner with your child.
4. Involve your child in grocery shopping and food preparation.
5. Hike or ride bikes together.
6. Give your child fat-free or low-fat milk.
7. Reduce the junk food in your house.
8. Be selective when eating fast foods.
9. Count calories.
10. When grocery shopping, read the food labels with your child.
11. Limit television, video and computer games to one hour a day.
12. Eat vegetables with your child.
13. Replace white bread with whole wheat bread.
14. Remind your child to drink lots of water.
15. Encourage eating fruits as snacks.
16. Help your child be physically active for 60 minutes each day.
17. Provide a pleasant eating environment.
18. Moderate your child's sugar intake.
19. Choose and prepare foods with less salt.
20. Make sure your child eats a healthy breakfast each day.

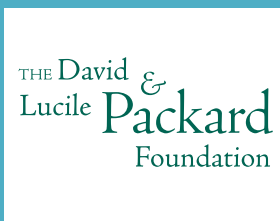


[www.fitforlearning.org](http://www.fitforlearning.org)



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