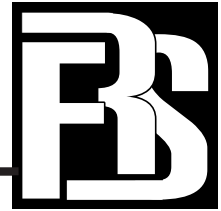


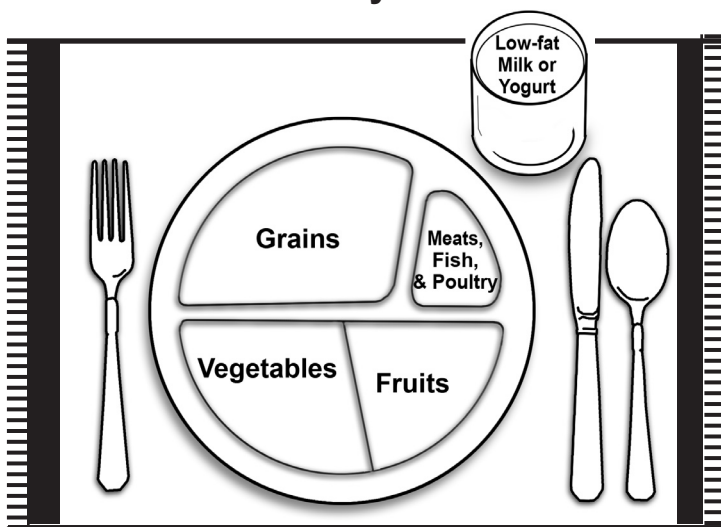
# A Healthy Combination: Eat Foods From the 5 Food Groups + Get 60 Minutes of Physical Activity

FAMILY  
RESOURCE  
SHEET



The five food groups give us a guide to follow when picking foods to eat. Add healthy eating to physical activity and you have taken a big step toward a healthy body. You will feel good and have energy to do what you enjoy, too!

## Compare Your Family's Eating Habits With the U.S. Dietary Guidelines!



Source: USDA web site

To help people stay healthy, our government developed the "Dietary Guidelines for Americans, 2005." See a copy online or visit the MyPyramid website for nutrition information based on the Dietary Guidelines.

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)  
[www.mypyramid.gov](http://www.mypyramid.gov)

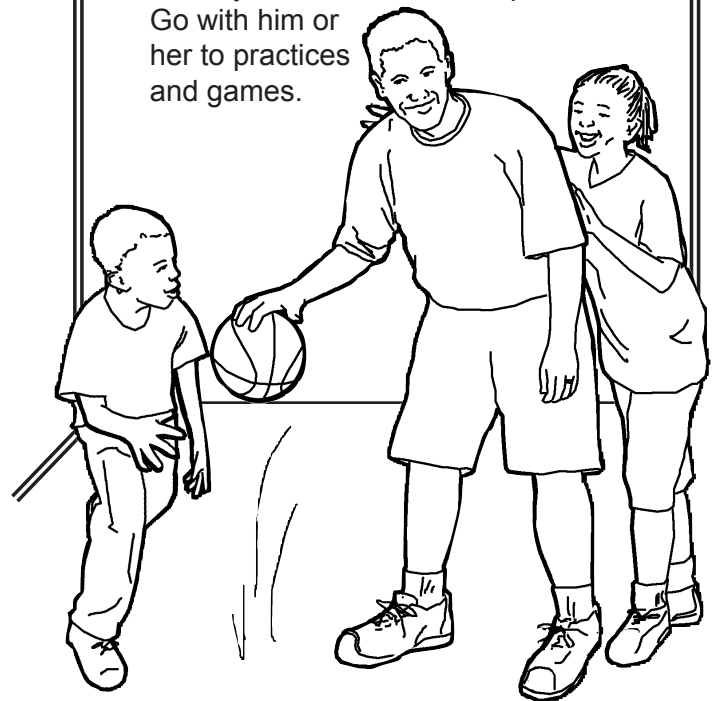
Have fun as a family and learn more about healthy eating. Order the free DVD, *Max's Magical Delivery*. Play the games together!

U.S. Health and Human Services  
Agency for Healthcare Research and Quality  
Publications Clearinghouse: 1-800-358-9295  
Publication Number: 04-0088-DVD

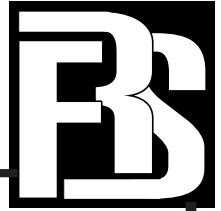
## Be Physically Active As a Family!

The Centers for Disease Control and Prevention recommends that children and teens get 60 minutes of physical activity every day. Adults should get 30 minutes! Adults who are trying to lose weight should aim for 60-90 minutes daily. Try these ideas:

- Walk your child to school.
- Park a little distance away from the grocery store or mall where you plan to shop. Walk or run to the door.
- Use the stairs instead of the elevator.
- Teach your child your favorite active game.
- Take a brisk walk with your family.
- Take movement breaks during television commercials or while doing homework or playing computer games.
- Play a sport together, such as basketball or in-line skating.
- Enroll your child in a team sport. Go with him or her to practices and games.

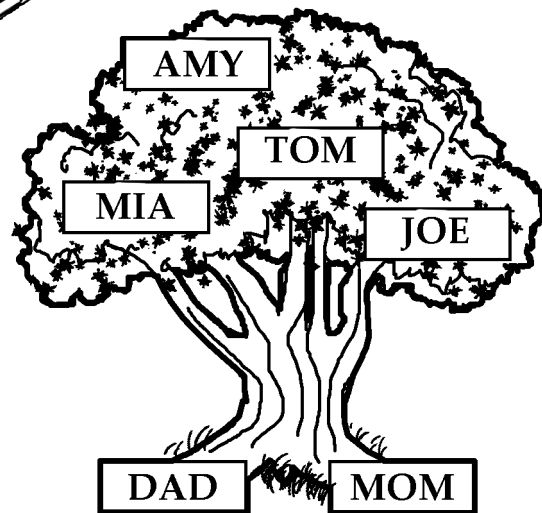
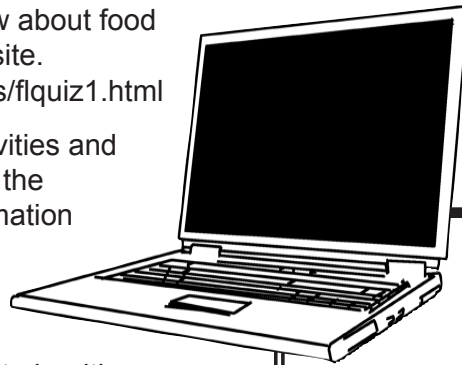


# Use the Internet to Find More Resources



Here are more resources families can use to make smart food choices:

- Learn about the food groups and how much of each group to eat at the MyPyramid website. It also has a section for young people. [www.mypyramid.gov](http://www.mypyramid.gov)
- Get ideas at the USDA Team Nutrition website. [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)
- Learn about health at the Federal Citizen Information Center, First Gov for Kids website. It has information for children on a variety of topics, including health. [www.kids.gov/](http://www.kids.gov/)
- Test how much you know about food labels at the USDA website. [www.cfsan.fda.gov/~dms/flquiz1.html](http://www.cfsan.fda.gov/~dms/flquiz1.html)
- Participate in health activities and learn new information at the International Food Information Council website. [www.Kidnetic.com](http://www.Kidnetic.com)
- Learn what families and schools can do to promote healthy eating habits for children. Read *Healthy Kids Healthy Weight: Tips for Families With Kids of All Shapes and Sizes*. [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools) or [www.emc.cmich.edu/healthyweight](http://www.emc.cmich.edu/healthyweight).
- Get involved in the Michigan Action for Healthy Kids Coalition. Click on state teams. Go to Michigan's homepage to be added to the mailing list. [www.actionforhealthykids.com](http://www.actionforhealthykids.com)
- Visit the Produce for Better Health Foundation website for information and activities. [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



If your family has a history of chronic disease, such as heart disease or diabetes, physical activity and good nutrition are very important in preventing these diseases for your children.

- Find out more about family health history and how to record it. Visit the U.S. Department of Health and Human Services website. [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)

## Looking for Books or Information?

There are lots of resources in the Family Corner of the Educational Materials Center website at [www.emc.cmich.edu/family](http://www.emc.cmich.edu/family). Research children's books or a health topic of interest to you. Take a look!