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## HABITS TO BETTER HEALTH



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May 2007



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## HABITS TO BETTER HEALTH

✓ DATE

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|  | 1. Learn the right way to wash your hands! Remember to wash before each time you eat.   |
|  | 2. Understand the Food Guide Pyramid.   |
|  | 3. Discover what each of the following is: Protein, Dairy, Vegetable, Fruit, Starch, and Fat.   |
|  | 4. Eat "5-a-Day"!   |
|  | 5. Get 3 servings of low-fat dairy in your diet each day.   |
|  | 6. Balance your food choices. Don't stick with the same foods. Make sure you choose a good variety of foods to eat.                       |
|  | 7. Keep nutritious snacks on hand.  |
|  | 8. Count your gulps.  |
|  | 9. Eat more fruits and vegetables every day.  |
|  | 10. Go grocery shopping with your parents. Try a new fruit and/or vegetable or other healthy food.  |
|  | 11. Be aware of portion distortion.   |
|  | 12. Keep an eye on your portion size.   |
|  | 13. Be realistic with the changes you make in eating and exercising.  |
|  | 14. Make your own snack packs to portion control yourself.  |
|  | 15. Portion your dinner plate like this: ¼ protein, ¼ starch, ½ vegetable   |
|  | 16. Plan ahead. If you know you are going out to a big dinner, cut back on calories earlier in the day.                                   |
|  | 17. Make each meal last at least 20 minutes – savor, don't gulp. Focus on each item's texture, taste and aroma.                           |
|  | 18. Start smart. Eat breakfast. If you skip breakfast, you're more likely to eat more later on in the day.                                |
|  | 19. Keep a diary of your eating behaviors for 1 week and see how you eat. Do you eat 3 meals daily or snack too much?                     |
|  | 20. Stay busy doing things that you enjoy. Some people eat when they are bored.   |
|  | 21. Praise yourself everyday!   |
|  | 22. Make sure you warm up before exercising. This is done by stretching, slow movements and deep breathing.                               |
|  | 23. Walk or ride your bike today.   |
|  | 24. Plan an exercise or activity for when you're alone.   |
|  | 25. Plan an exercise or activity to do with family.   |
|  | 26. Plan an exercise or activity to do with friends.  |
|  | 27. If you can't go outside to exercise, purchase an exercise tape at the general store and do this activity for bad weather days.        |
|  | 28. Learn the Activity Pyramid!   |
|  | 29. Make sure you get at least 8 cups of fluid (the best is water) = 64 oz per day.   |
|  | 30. If water is not your favorite beverage, think of other healthy fluids that will meet your needs.                                      |
|  | 31. Try adding sliced fruit to your water such as lemon, lime or orange slices.   |
|  | 32. Drink water at night, this will help to keep you from snacking late at night.   |
|  | 33. Know how many calories you can spend at certain exercise activities. Which one uses more calories and which one uses less calories?   |
|  | 34. Burn calories doing chores around the house. You can use 100 calories by cleaning for ½ hour or mowing the lawn for 17 minutes.       |
|  | 35. Don't waste your time and money on diets or diet pills. They are not good for you.  |
|  | 36. Dine out less this week and eat more meals at home.   |
|  | 37. Learn about the calorie content of fast foods that you eat. Pick healthier foods next time you go.                                    |
|  | 38. When at a restaurant, see how many calories you can save by drinking water instead, not to mention the money.                         |
|  | 39. Use the stairs instead of the escalator or elevator in places like the mall.  |
|  | 40. Studies show that people eat more when they're served more. Try dishing out smaller servings.   |
|  | 41. When eating out, get the kids-sized meal, not the super sized items.  |
|  | 42. Chew gum instead of snacking between meals.   |
|  | 43. If you're hungry and it's not mealtime, set a timer for 20 minutes. If you're still hungry 20 minutes later, have a nutritious snack. |
|  | 44. Craving something crunchy? Try a new vegetable.   |
|  | 45. Craving something sweet? Try a new fruit.   |
|  | 46. Wait 20 minutes before having a second helping.   |
|  | 47. Do an aerobic activity for 60 minutes 3 times per week, or even more often.   |
|  | 48. Get enough sleep.   |
|  | 49. Visit your doctor regularly to check your growth and development and overall health.  |
|  | 50. Get to know the mighty muscles in your body.  |

## HABITS TO BETTER HEALTH (CONTINUED)

51. Did you know: One pound of fat is not equal to one pound of muscle?
52. Appreciate your muscle-brain connection.
53. Learn how to read a food label.
54. If a food label indicates "healthy", it probably is.
55. Research the ingredients on the food labels. Learn what some of those long names mean.
56. When grocery shopping, if an item has a lot of preservatives in it, try to pick something that has fewer preservatives in it to eat.
57. Drink fruit juice that is 100% juice.
58. Choose a snack that requires some effort, like popped popcorn, or an orange that requires peeling.
59. Stay positive about your changing dietary habits. It takes 6 months to feel like you've changed your behaviors into good ones.
60. Measure the amount of sugar in foods.
61. Learn how much sugar and calories are in the number of soda's you drink every day.
62. Learn the basics about how your body works.
63. Appreciate your tongue.
64. Fruit and vegetables are ideal snacks.
65. Give yourself a pat on the back for getting some exercise in or trying a new healthy habit.
66. Boost your fiber intake!
67. Cut down on TV and screen time and get moving!
68. Be aware of the media's influence on you. Count how many commercials suggest eating junk food versus healthy food.
69. Take care of your teeth. Have regular teeth checks with your dentist.
70. Make a commercial for fitness and exercise.
71. Get involved with promoting good nutrition.
72. Determine nutrient differences within the same food.
73. Eat foods containing: whole wheat, whole oats, wild rice, or oatmeal instead of refined flour and sugars.
74. Eat fiber from a variety of sources.
75. Know how to support yourself or others with special health care needs.
76. Stay healthy by fighting bacteria bugs!
77. An ounce of prevention keeps germs away.
78. It's okay to have some fat in your diet.
79. Drink 1% milk or skim milk.
80. Make your meat leaner – trim off the fat, pass on the skin, eat fewer fried foods
81. Learn the different types of fat – good and bad.
82. Meet the humble avocado!
83. Make humor a part of your healthy lifestyle.
84. Blow some bubbles, but don't swallow the gum!
85. Unload the stress in your life.
86. At fast food places, try something new and healthier! You'll never know if you like it, until you try it.
87. Limit junk and fried foods. Junk foods fill us with sugar and fat and often lack the nutrients our bodies need.
88. Trade out your high-fat foods for lower-fat ones.
89. Be flexible and smart when eating out.
90. Keep your promises to earn screen time!
91. Be a fit kid!
92. Balance your "energy budget".
93. Wean the screen!
94. Learn the difference between "Go, Slow, Whoa" foods!
95. With activities planned for all seasons and all reasons, it should be easy to remain active all year around.
96. Cut the caffeine.
97. Substitute high-fat with low-fat ingredients in your favorite dessert.
98. Use applesauce instead of margarine in many baked items to reduce the fat content.
99. Exercise your brain by doing puzzles.
100. Review 100 Habits to Better Health. Circle what you've learned and changed. Celebrate the journey you've taken and be a fit kid!