

Fluids

- We will drink 16 oz. of milk per day.
- We will move to a lower fat milk.
- We will drink no more than 12 oz. sugary drink/day.
- We will not drink sugary drinks daily.
- We will only drink water and milk at home.
- We will only take water to games and practices.
- We will not buy soda at home.

Adding Nutrition

- We will offer at least one fruit or veggie with each meal.
- We will try one new fruit or vegetable or try a new dish with a fruit or vegetable each week.
- We will have more color in our meals.
- We will only eat fruits, vegetables or protein before bed.
- We will only eat fruits, vegetables or protein between lunch and dinner.
- We will take our own lunch to school if our school lunch choices are not healthy.
- We will eat ___ (your choice) servings of fruits and vegetables per day. Five fruits or veggies per day are the ultimate goal.
- We will eat lean proteins like turkey, chicken (baked, broiled or grilled) lean beef or lean ham.

Creating a Better Relationship With Food

- We will only eat in the kitchen or dining room.
- We will eat at least ___ (your choice - the more the better) meals at the table as a family each week.
- We will fix meals as a family.
- We will go to the local farmers market.

Decreasing Energy Intake

- We will only eat one serving of grains when available.
- We will not eat sugary cereal or limit how often we have it.
- We will not eat fried foods.
- We will not have cookies in the house.
- We will not have chips at the house.
- We will limit ourselves to one snack cake per week.
- We will not eat between lunch and dinner.
- We will only eat out ___ (your choice - less is better) times per week.
- We will not buy snacks at convenience stores or the check-out lanes.
- We will not buy any food or drink at the ballpark or limit it to one item.
- We will not buy extras at the school cafeteria.
- We will not buy convenience foods at the store. These are high calorie high processed foods that are usually frozen and are warmed up in the microwave or oven.
- We will not overeat at meals and try to be more intuitive about when we are full.