

LIVE HEALTHY WITH 5-2-1-0!

A GUIDE FOR FAMILIES



ALAMEDA
Alliance
FOR HEALTH

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to help you live a healthy and active lifestyle. As your health partner, we created this care book. We hope it helps you start and maintain healthy habits for life.

Best of Health,

Alliance Health Programs

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IN THIS CARE BOOK...

You will learn tips and tools to help your family build habits to eat healthy and move more. This book is meant for parents of children ages 2 and older.

Have you heard of **5-2-1-0**? This is a way to remember four healthy habits to strive for each day. We'll cover each of these and then talk about healthy weight and making changes. Are you ready to explore these healthy habits? Pick any section and get started!

Read about how Ana and her family worked together on eating healthy:

At her checkup, Ana, her mom, and her doctor discussed her eating habits. Ana usually skips breakfast, sometimes lunch, and gets through the school day with snacks. Then she comes home and eats more snacks and a large dinner. Her doctor suggested eating three meals and healthy snacks to help her feel full all day. Ana explained that she has no time for breakfast, and the school lunch is not always good.



Ana's doctor asked if there were some foods she could take with her to school. After talking about some ideas, Ana set a goal to bring fruit to eat on her way to school and take a sandwich for lunch. Ana's mom also started keeping more fruits washed and ready to eat at home. With these healthy changes, Ana noticed that her mood was a lot better and that she could focus more at school.

5 OR MORE FRUITS AND VEGETABLES

Why should we eat so many fruits and vegetables? These plant foods are tasty, colorful, and help us grow strong and stay healthy. Try to eat a variety of them to enjoy all the nutrients and flavors these foods have to offer!

When we say 5 or more fruits and vegetables, we are talking about 5 or more servings.

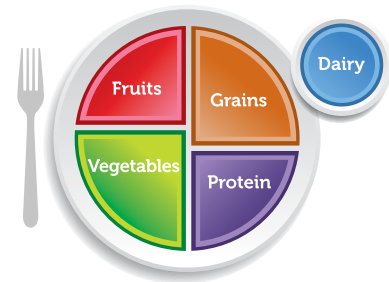
WHAT IS A SERVING?

- **Kids:**
 - Size of the palm of their hand
- **Teens and adults:**
 - A whole fruit the size of a tennis ball
 - Half (1/2) cup of chopped fruit or veggies
 - 1 cup of raw, leafy greens
 - Quarter (1/4) cup of dried fruits



You might eat more than one serving at one time. Eating a large banana counts as two servings. A large salad may have two to three servings of vegetables!

It's helpful to think how each meal can have fruits and vegetables. MyPlate shows how to build a healthy, balanced meal. You can see that fruits and vegetables are half of the meal.



IDEAS TO ADD FRUITS AND VEGGIES

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, and rice.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Keep washed and chopped veggies and fruits in the fridge.
- Enjoy veggies in different ways – raw, steamed, sautéed, roasted, grilled, and more.

You can find recipes at:

- www.eatfresh.org (English, Spanish, Chinese)
- cachampionsforchange.cdph.ca.gov (English, Spanish, Chinese, Vietnamese, Hmong)
- To request a cookbook from us, please call Alliance Health Programs at **1.510.747.4577**.



TRY THIS!



Get out your crayons, markers, or pens. Draw or write down what you ate yesterday for every meal and snack.

Then, circle all the fruits and veggies. How many times did you eat them? How many types were there?

Now, draw or write how you could add fruit or veggies to your meals and snacks.

Try out one or more of these ideas together this week!



HOW CAN I EAT MORE FRUITS AND VEGGIES WHILE SAVING MONEY?

Fruits and vegetables can be costly and go bad more quickly than other types of foods.

Here are some tips to make your dollars go further:

- **Look for discounts**

Browse your local store ads. In the store, you might see produce specials at the front of the store or in bins.

- **Buy in season**

These foods are often on sale. If your favorites aren't in season, check out canned or frozen options without added salt, sugar, or fat.

You can also go to a farmers' market to see what's fresh! Some farmers' markets will double the CalFresh dollars you spend on produce. Find out which ones at www.fmfinder.org (English, Spanish).



- **Eat the produce with shortest shelf-life first**

Some foods like berries rot quickly, whereas apples can last for weeks. For veggies, roots like beets, potatoes, and winter squash last longest. Also check package dates and use your senses to judge which produce will go bad first.

- **Store your produce well**

Most fruits and veggies should be kept separate in the crisper drawers of your fridge. Some, like onions and potatoes, should be stored in the pantry.



How to freeze produce: Fruits and veggies that you find frozen in the store can be chopped and frozen. To freeze veggies, cook in boiling water for a minute or so until tender, shock in an ice bath to cool, and then drain and dry before freezing.

WHAT DO I DO IF MY KIDS ARE PICKY EATERS?

It is a common problem for parents everywhere that kids may refuse to eat certain fruits and veggies.

You can try these tips:

- **Be a good role model**

Serve the same meal to adults and kids. Let your kids see you enjoy healthy foods. For younger kids, talk about the colors, shapes, and textures of the foods.

- **Get kids involved**

Let your kids pick out fruits and veggies at the store. When you prepare meals, let them wash and peel veggies, add ingredients, and mix and stir. Children learn about food and get excited about tasting food when they help out.

- **Make it fun**

Get creative in the kitchen with your kids. You can name dishes that your child helps create.

- **Offer choices**

Ask your kids to pick between healthy choices. Remember that parents decide what, when, and where to eat, but kids can decide how much and whether they eat.

- **Be patient with new foods**

Children may need to try a new food a dozen times or more before they like it. Start with small portions and offer a new food one at a time. It's best to offer at the start of a meal when your kids are most hungry.



2 HOURS OR LESS OF SCREEN TIME

Too much screen time is unhealthy for all of us.

Being Active and Screen Time

More time spent sitting and looking at our phones, computers, and TVs means less time being active.

Weight and Screen Time

Kids who watch a lot of TV are more likely to be overweight and may also snack more. Many ads they see are for foods high in fat, sugar, or salt.

School and Screen Time

It has also been found that too much TV is linked to lower reading scores and attention problems. Children who watch less TV in their early years tend to do better in school, eat healthier, and be more active.

Breaking the Screen Time Habit

It's easy to get into a screen habit. The more time kids spend on screens, the harder it is for them to turn it off when they are a little older.





Follow these guidelines for healthy screen time:

- ❑ One hour per day of educational TV/computer time between ages 2 and 5 that you watch and talk about together.
- ❑ After age 5, two hours or less of screen time for fun per day is best. Even though kids may need screen time for their homework, set limits and make sure kids are getting enough sleep (8 to 12 hours), exercise (1 hour), and time away from screens.



IDEAS TO LIMIT SCREEN TIME

- Keep books, board games, and puzzles in the living room.
- No TV, computer, or phones in the room where the child sleeps.
- Set rules, such as no screen time before homework or chores.
- Turn off the TV during meals.
- Use a timer when you watch TV.
- Watch TV only on weekends.

IDEAS FOR OTHER THINGS TO DO

- Do chores
- Go biking or rollerblading
- Go on a walk or hike
- Go to a free event
- Make something
- Play at the park
- Play board games
- Prepare a meal
- Read a book or magazine
- Visit the library
- Work on a puzzle

TRY THIS!

Do you know how much time you and your family spend on screens for fun? Take a day or two to find out. Create a chart like the sample below.

Screen time includes time spent on TVs, computers, gaming consoles or handhelds, tablets, and smartphones.

Name	TV	Video games	Handheld devices	Computer	Total
Mom	1 hour		1 hour	1 hour	3 hours
Billy	2 hours	1 hour		1 hour	4 hours

What do you see from your chart? Where do you think your family could set limits or do something else? Use a colored pen to make notes on the chart. Try tracking again to see if you've reduced your screen time.



1 HOUR OR MORE OF PHYSICAL ACTIVITY

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away?



Better sleep



Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

HOW MUCH DO THEY NEED?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.



At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.



Is it moderate or vigorous?
Use the “talk test” to find out.

When you’re being active, try talking:

- ✓ If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**.
- ✓ If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**.

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

At least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

At least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.



MY KIDS ARE YOUNGER THAN 6. WHAT ABOUT THEM?

- Younger kids love to be active naturally!
- Aim to keep them moving 3 hours a day — and more is better.
- Limit time when they're just sitting around (like screen time).



IDEAS FOR BEING ACTIVE

- Bike or rollerblade
- Do chores
- Go for a walk or hike
- Have a friendly sports match
- Jump rope or hula hoop
- Park the car farther away from the store
- Play on the playground
- Play tag or other games
- Take the stairs
- Turn on music and dance

TRY THIS!



Set aside time on your schedules for family time to be active. Make a list of indoor and outdoor activities your family could do together.

To choose what activity to do, you can try:

- Making a family activity calendar.
- Making a “pick-a-stick” jar where you write or draw each activity idea on a craft stick.
- Taking turns being the leader for the week.



HOW DO I EXERCISE ON A BUDGET?

You can be active without spending much money.

Here are some ideas:

- **Buy toys that are low cost and create a “fit kit”**
These you can often find at the dollar store: jump rope, hula hoop, bouncy ball, frisbee, kite, bubbles, sidewalk chalk, and sports sets.
- **Chores at home count too**
Have fun together at home by washing the car, tidying a room, or planting and caring for a small garden.
- **Craft some of your own toys**
These could include cardboard boxes, balloons, or other household items.
- **Enjoy public spaces**
Walk around your neighborhood, local parks, farmers’ market, or mall. Some schools let people use their playgrounds on weekends too.
- **Look for community programs**
Contact your local library, community center, school, YMCA, or Boys & Girls Club to see what they offer. East Bay Parks also has free hikes and events at www.ebparks.org.
- **Move your body**
For example, you can do jumping jacks, sit-ups, dance moves, yoga, and more.



0 SUGARY DRINKS, MORE WATER & LOW FAT MILK

Aim for no sugary drinks. Sugary drinks do not have many nutrients but do have a lot of sugar.

Sugary drinks and weight

A calorie is a measure of the energy you get from food and drink. One gram of sugar provides 4 calories. Taking in more calories than your body uses can cause weight gain.

These drinks can cause people to gain weight not only from the calories in the drinks, but also because you do not feel as full drinking calories as you would from eating solid foods.

Sugary drinks and your teeth

Many of these drinks also cause tooth decay. Drinks like soda and juice contain sugar and acid. Bacteria in the mouth use sugar to produce more acids. Acids dissolve and damage teeth.





SO WHAT CAN I DRINK?

Let's talk about healthy options for drinks. The goal is to drink no sugary drinks, but to drink more water and low fat milk.

WATER

Water is the best way to quench your thirst! Our bodies are made up mostly of water. We need to drink water throughout the day and especially when we exercise.

Tips to drink more water

- Keep a water pitcher in the kitchen and carry a water bottle with you.
- If you like it chilled, keep the water pitcher in the fridge or use ice.
- Infuse flavor by adding lemon and orange, melon and mint, cucumber, frozen berries, or try something new.
- Try seltzer water with a splash of juice to mix things up.

MILK

Milk is a good source of calcium, which we need for healthy bones. Soy milk with added calcium is a good option if you do not drink cow's milk.

Low fat milk or yogurt and soy milk are heart healthy choices and have fewer calories. Avoid raw milk from cows or other animals that has not been pasteurized (heated to kill harmful bacteria).

How much should I drink?

One serving of dairy is about 1 cup of milk, yogurt, soy milk, or 2 ounces of cheese.

- Children 2 to 3 years old need 2 cups of dairy per day.
- Children 4 to 8 years old need 2 ½ cups.
- Older children and adults need 3 cups.



WHAT ABOUT JUICE?

Like sugary drinks, juice has sugar and acid that can lead to weight gain and tooth decay. Whole fruits are a better choice because they also have other nutrients and fiber. If you have juice, choose 100% juice and don't drink too much.

Limit juice to:

- 1/2 cup for children ages 1 to 3.
- 1/2 to 3/4 cup per day for children 4 to 6 years old.
- 1 cup per day for older children.

TRY THIS!



Ask everyone in your family to grab a drink container with a Nutrition Facts label on it.

Arrange yourselves or your drinks by:

- Most to least grams of Total Sugars per serving
- Most to least grams of Added Sugars per serving
- Largest to smallest Serving Size
- Largest to smallest Servings per container
- Most to least grams of Total Sugars per container (multiply the Total Sugars by the Servings per container)

What did you notice? Which drink do you think you would get the most sugar from based on how much you usually drink?

Nutrition Facts	
8 servings per container	
Serving Size	1 Cup (240mL)
Amount per serving	
Calories	100
	%Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 3mcg	15%
Calcium 361mg	30%
Iron 0mg	0%
Potassium 447mg	10%
Vitamin A 164mcg	20%

HEALTHY WEIGHT

Keeping or getting to a healthy weight means balancing the energy that your child consumes from foods and drinks with the energy that your child uses through physical activity and normal growth.

Try these tips to eat healthy and move more!

Eat Healthy (Energy In)

- Start the day with a good breakfast and make healthy snacks for between meals.
- Drink water, fat free or low fat milk instead of soda or other sweetened drinks.
- Provide plenty of vegetables, fruits, and whole-grain foods.
- Add flavor with herbs and spices when you cook.
- Choose lean proteins such as poultry, fish, lentils, and beans.
- Grill, steam, boil, or bake food.
- Choose fruit for a snack or dessert.
- If you eat out, share the dishes or take some to-go.





Move More (Energy Out)

- Add more physical activity to your own daily routine and ask your kids to join you.
- Ask your kids to help with active chores around the house.
- Choose video games that get your kids moving, like dancing or fitness games.
- Park farther away from the store and walk.
- Schedule family time to be active after dinner and on weekends.
- Sign your kids up for community or afterschool sports or programs.
- Walk to school.

SLEEP

Did you know that getting enough sleep also helps with healthy weight? See how much sleep your kids should get from this table:

Age	Sleep hours
1 to 2 years	11 to 14 hours (including naps)
3 to 5 years	10 to 13 hours (including naps)
6 to 12 years	9 to 12 hours
13 to 18 years	8 to 10 hours

Tips for healthy sleep habits:

- Be a good role model for getting plenty of sleep.
- Be active during the day.
- Be aware of sleep problems and discuss any with your child's doctor.
- Keep to a regular bedtime schedule and sleep routine.
- Turn off screens, including phones, at least an hour before bedtime. Think about keeping screens out of the bedroom.





HOW DO I KNOW IF MY CHILD IS AT A HEALTHY WEIGHT?

Children grow at different rates, so it's not always easy to tell if your child is at a healthy weight.

When you take your child to the doctor for a checkup, the doctor will measure them and look at their growth pattern. Ask your child's doctor whether your child is at a healthy weight.

Your doctor may talk to you about body mass index (BMI), BMI is calculated from height and weight. Overweight is defined as BMI above the 85th percentile for your child's age and sex. That means that an overweight child's BMI is greater than the BMI of 85% of children of their age and sex.

MAKING CHANGES

Most children won't change their eating and activity habits on their own. But they can learn to eat healthy and be more active — with your help!

Share your plans with your family

- Explain to your family why it's important to you that everyone eat healthy and move more.
- For older kids, talk about what it means to eat healthy and be active. Let them know you trust them to make good choices for food and physical activity.
- Set goals with your family for eating, physical activity, and screen time.





Point out the benefits

- Kids might not care that eating fruits and vegetables now helps to prevent diseases when they grow up. Focus on things that matter to your kids now.

Here are some ideas:

- Eating well will help them grow healthy and strong.
- Choosing healthy foods will give them energy to play sports and do activities with their friends.
- Being active and eating healthy can help them from getting sick and missing time and activities with friends.

Ask for ideas

- Ask your children what they think about healthy foods and physical activity.
- Every weekend, have your kids choose one physical activity for the family to try.
- Ask your kids to help choose recipes to cook for the week.



Change a little at a time

- Don't make big changes all at once.
- Make small changes over time.

Here are some examples:

- If you drink whole milk, switch to 2 percent milk. After a few weeks, switch to 1 percent milk. Then switch to fat free milk.
- If you drive everywhere, try walking to a friend's house down the street. In a couple weeks, try walking a little farther — maybe to school or to the store.

Make healthy choices easy

- Put healthy food where it's easy to see. For example, you can put washed or cut fruit and veggies on the table or in the fridge.
- At snack time, offer fruit, veggies, whole grains, and fat free or low fat milk products without sugar added.
- Limit foods with high calories, fat, and added sugar in your home.
- Keep balls and other sports gear handy for playing active games outside.

Focus on fun

- Cook a healthy new meal together.
- Do physical activities together as a family.
- Plan fun and active things to do on the weekends.

Here are some ideas:

- Jump rope.
- Walk on a nature trail.
- Play in the park.
- Go to a farmers' market or street fair.
- Pick a project like building a garden or painting a room in the house.



HEALTHY LIVING RESOURCES

FOOD

Alameda County Community Food Bank

Find groceries, meals, and help applying for CalFresh (food benefits program).

Toll-Free: **1.800.870.3663** (interpreter offered)

FoodNow.net (English, Spanish)

Alameda County Senior Information

Connect with senior services for farmers' markets, groceries, group dining sites, and delivered meals.

www.agefriendly.acgov.org/get-help

Toll-Free: **1.800.510.2020** (interpreter offered)

Farmers' Markets

Visit your local farmers' market. Some accept CalFresh and WIC or will even match your CalFresh benefits so you get extra to spend on fresh produce.

Find a market at **www.fmfinder.org**
(English, Spanish)

WIC (Women, Infants & Children)

Get help with groceries for pregnant women, new mothers, and babies and children up to age 5.

Toll-Free: **1.888.942.9675** (English, Spanish, Chinese, Vietnamese)

www.myfamily.wic.ca.gov



EXERCISE

East Bay Regional Parks

Take a hike or join outdoor activities at East Bay regional parks.
www.ebparks.org

Libraries

Find fitness and yoga classes taking place at your local library.
www.aclibrary.org
www.oaklandlibrary.org (Spanish, Chinese)

Senior Centers

Many senior centers offer fitness classes.
To find your local senior center, please call Alameda County Senior Information.
Toll-Free: **1.800.510.2020** (interpreter offered)



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journal

*Please use this section to take notes about
your progress and any questions that you
want to ask your doctor.*



Do you need more support? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org