

7-5-2-1-0 Tips

Your actions and what you model for your family can help guide your child to make healthy choices about what they eat and how to stay active.

7 – Start the day with breakfast 7 days a week

- Breakfast gives you energy to start the day
- It helps your child feel and act their best and to do their best in school
- It helps with weight control
- Start small if your child is not a big breakfast eater – try:
 - Low-fat yogurt and fruit
 - Whole grain cereal with fruit and low-fat milk
 - Wheat toast with peanut butter and a glass of low-fat milk
 - English muffin with lean meat, egg and low-fat cheese
 - Whole-grain tortillas and low-fat or no-fat beans

5 – Eat 5 servings of fruits and vegetables a day

- Buy fruits and veggies that are in season
- Try frozen when you can't get fresh – choose those without added salt, sugars or fat
- A serving size for your child is about the size of their palm
- Serve fruits and veggies for snacks
- Try them with low-fat dip or add protein with hummus, bean dip or peanut butter
- Mix them into foods you already make
- Cut up veggies and melons at the start of each week and store in clear containers in the fridge for easy access

- Offer new fruits and veggies more than one way and keep in mind it can take many tries before your child decides they like a new food

2 – Aim for 2 hours or less of non-homework screen time a day

- Plan time for being active, sleep and other healthy behaviors first
- Make guidelines about the quality and amount of media you allow in free time
- Turn the TV off and keep screens away during mealtimes
- View media with your child when possible
- Keep screens out of your child's bedroom

Note: Avoid screen time for children under 18 months. Limit to under 1 hour for children ages 2 to 5.

1 – Be active for at least 1 hour a day

- Encourage being active every day
- Make changes to add more physical activity – take the stairs, walk, and choose games and toys that promote being active
- There are lots of no-cost or low-cost options – jump rope, dance, play tag, walk a pet, throw a Frisbee, play catch

0 – Aim for 0 sugar-sweetened drinks

- Water is the best choice when your child is thirsty – keep water on hand when you are away from home
- Cut back slowly on sugar-sweetened drinks – for example, try adding water to juice during the switch to little or no juice
- Choose whole fruit over juice
- Encourage low-fat milk instead of sugar-sweetened drinks, soda, sports drinks and energy drinks

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5323.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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