

HEALTHY GOAL SETTING FOR PARENTS

Choose the top 3 goals you want to work on.

My health goals for my family are:

✓ Check off which goals you meet each day!



HEALTH GOALS	Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
I prepared 3 healthy meals for our family.																																	
I offered my child healthy serving sizes.																																	
We had at least 1 family meal together.																																	
I ate no fast foods or junk foods.																																	
I offered 5 to 9 servings of fruits and vegetables.																																	
I let my child help plan and prepare a meal.																																	
I exercised 30 to 60 minutes or more.																																	
I walked 10,000 steps or more.																																	
I limited screen time (TV, video games, and computer) for my child.																																	
I took a walk or played with my child.																																	
I complimented or hugged my child.																																	
I rewarded my child for health goals reached.																																	
Total goals I reached today:																																	

If I reach _____ goals a week, I'll get to...

Understanding Serving Sizes

SERVING SIZES PER DAY FOR CHILDREN AND ADOLESCENTS

These are suggested amounts based on average activity levels. To find the exact amount for your child, go to mypyramid.gov.

Food Group	2-3 years	4-8 years	8 –12 years	12 years & up
Grains	4 oz.	5 oz.	6 oz.	6–8 oz.
Vegetables	1 cup	2 cups	2 ¹ / ₂ cups	3 cups
Fruits	1 cup	1 ¹ / ₂ cups	2 cups	2 cups
Milk & Milk Products	2 cups	2 cups	3 cups	3 cups
Meats & Beans	2–4 oz.	5 oz.	5 ¹ / ₂ oz.	5–7 oz.

1 oz. of grains =

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- 1/2 cup of rice, pasta, or cooked cereals like oatmeal
- 1 corn tortilla (6" diameter)
- 3 cups of plain, air-popped popcorn
- 5 whole wheat crackers

1 oz. of protein =

- 1 oz. of meat, fish, or poultry
- 1 egg
- 1 tbsp. of peanut butter
- 1/4 cup of nuts and seeds
- 1/2 cup of cooked beans
- 1/2 cup of tofu

- Serving sizes change based on a child's age. Offering children servings that are too large for them can lead to overeating.
- Measure food with a measuring cup or kitchen scale to get an idea of serving sizes.
- Encourage children to eat when they are hungry, and stop when they are full.
- Don't force children to eat everything on their plates.
- Limit juice to 1/2 cup of 100% fruit juice each day.

When you make your plate, aim for:

