



A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association

## Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

BMI: \_\_\_\_\_

BMI %: \_\_\_\_\_

Risk Level: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_



Get on a healthy track by adding these tips to your daily routine.

**Eat 5 servings of fruits and veggies every single day.**



**Examples:**

**Fruits**

- Apples, bananas, oranges
- Berries
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

**Vegetables**

**Limit screen time to 2 hours or less.**



**Screen time includes:**

- Watching TV, videos or DVDs
- Playing on the computer
- Playing regular and hand-held video games
- Going to the movies

**Get at least 1 hour of physical activity.**



*Make sure an adult is there.*


- Walk with your child 10 minutes each day
- Play catch
- Jump, skip or hop to music


**Every meal should be balanced.**

**Portion sizes:**

- You should give one tablespoon of food for each year of your child's age
- Give 1/4 to 1/3 the size of adult portions for children under the age of 4
- Do not give children younger than four years of age round, firm food unless you chop it up so they do not choke

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**Size of 1 egg = 1 serving of fruits and vegetables** 

**1 tablespoon = 1 serving of each** 

- Lean meat
- Grains, rice, bread

**Know your serving sizes.**

**Limit sweetened drinks to 0.**

**Examples of sweetened drinks to stay away from:**

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

**Instead, drink:**

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Ask your physician about other healthy drink options



Review provided by leading experts:  
American Academy of Pediatrics  
American Diabetes Association

## Eat 5 servings of fruits and veggies every single day.



- Serve whole grains, fruits and vegetables at every meal.
- If you take your child to daycare, to another caregiver (e.g., “grandma”) or to preschool, know the meal schedules and food types served.
- Avoid using food as a reward or punishment.
- Be a role model to your kids by choosing healthy snacks.
- Put food on small plates, like salad plates, instead of large dinner plates.
- Offer small portions of each food and allow your child to ask for more.
- Know what kinds of food you are buying by reading the labels.
- Avoid eating at fast-food restaurants.

## Limit screen time to 2 hours or less.



- Avoid putting a TV in your child’s bedroom.
- Place limits on your child’s television viewing.
- Limit the time your child sits at the computer, plays video games and watches movies.
- Have “family time” after dinner and play games, tell stories or do other fun things.
- Avoid eating in front of the TV.

## Get at least 1 hour of physical activity.



- Walk 10 minutes with your child every day to make sure your family is getting enough exercise (tell your child to walk instead of sitting in a stroller).
- Plan time to go to the playground.
- Go to your local community center for family activities.
- Play tag or follow the leader.
- Turn on the radio and have your child dance, jump, twist, skip, run or hop to the music.
- Ask your child to act like a frog, bunny, cat, dog, elephant or duck.
- Play catch.
- Fly a kite.
- Other activities: \_\_\_\_\_

## Limit sweetened drinks to 0.



- Limit sweetened drinks and give water instead.
- After the age of 2, switch from whole milk to low-fat or nonfat milk – 2 to 3 cups (16 to 24 ounces) per day.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.