

Health Hints

Thirsty Kids?



- If kids are thirsty, offer water.
- Serve milk or fortified soy beverages at meals. These drinks have calcium and vitamin D that build strong and healthy bones and teeth.
- Make sure kids have their own water bottle for active play, sports, and when traveling.
- Offer whole or cut up fruit instead of juice.
- Limit juice to $\frac{1}{2}$ - $\frac{3}{4}$ cup (125-190 ml) a day of 100% fruit juice. Too much juice can cause picky eating, and whole fruit is always healthier than juice.

Live 5-2-1-0



Enjoy - FIVE or more vegetables & fruits every day



Power down - no more than TWO hours of screen time a day



Play actively - at least ONE hour each day



Choose healthy - ZERO sugar-sweetened drinks

More information for families and schools about Live 5-2-1-0 is available at: <http://www.live5210.ca/> Click the “Resources & Tools” tab

Nutrition Questions?

Dietitian Services at HealthLink BC: Dial 811 <http://www.healthlinkbc.ca/dietitian/>

Canada Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



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