

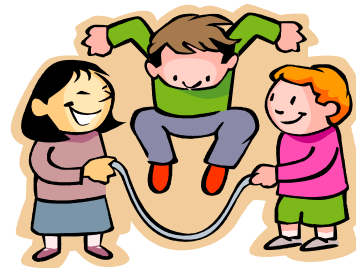
# L.E.A.N. Carroll

*A family approach to healthy weight*

Lifestyle Education

Activity

Nutrition



THE PARTNERSHIP  
*for a Healthier Carroll County*

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# L.E.A.N. Carroll

*A family approach to healthy weight*

## **Lifestyle:** Make family centered changes.

Eat breakfast every day.

Have family meals together as often as you can.

Make healthy choices when eating out.

Don't use food to comfort, reward or punish your child.

## **Education:** Teach your children healthy habits.

Set an example ; eat nutritious foods & be physically active.

Involve your child in planning meals and snacks,  
grocery shopping, and cooking.

Make your child aware that peer and media pressure can influence  
food choices.

Use the Nutrition Facts on the food label to make good choices

## **Activity:** Develop an active lifestyle.

Plan fun family activities that provide exercise for everyone.

Aim for 60 minutes of active play time for your child on most  
days of the week.

Limit "screen time" (television, computers, *video games*) to 2  
hours *or less* a day for *all family members*.

## **Nutrition:** Eat for better health.

Choose more fruits, vegetables and whole grains.

Encourage your child to drink water instead of sweetened  
beverages like sodas, and fruit and sports drinks.

Find substitutes to replace foods higher in fat and sugar.



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