Starting the Conversation

How ready is your patient’s family for change? What are they willing to work on? Wouldn’t it be nice to know?

- Not Yet
- Maybe
- Thinking about it
- Let’s Go!
- Already Doing It
Pinpoint where they are ready to make change

Drinks

Fast Food

Increase Fruits and Vegetables

Snacks

Food Choices

Activity and screen time
Did You Know?
If you have 100 calories more than you need every day, you can gain 10 pounds a year. The average sugary drink has about 150 calories. By having one of these drinks every day that you do not burn off, you could gain 15 pounds in one year!
Better Drink Choices

* **Fruit Juice mixed with Club Soda**
  Mix ¼ cup of fruit juice with ¾ cup club soda.

* **Flavored Fruit Tea**
  Brew your own tea at home. Use 2 fruit flavored tea bags to brew a double strength tea, add ice.

* **Low-Fat or Skim Milk**
  Low-fat and skim milk make a great alternative for sugary drinks. Milk is a great source of calcium and protein.

* **Fruit Juice Ice Cubes**
  Pour your favorite fruit juice into ice cube trays, then pop them into the freezer to make fruity ice cubes to flavor your water.

* **Homemade Flavored Water**
  Add a combination of cut up fruits to a pitcher of water.

* **Water**
  Always the best choice for your body!

* **Diet or Sugar-Free Drinks**
  A better choice than regular sugary drinks
Smart Eating on the Go

Order wisely
Beware of large portions
Be smart with salads
Add on carefully
Be smart with sides
Don’t drink your meals
low fat milk.
Look for healthy icons
Power your pizza

What do you usually order from your favorite fast food restaurant?
INSTEAD OF THIS...

- Double Quarter Pounder with Cheese with Large Fries
  - 740 calories

- 10-Piece Chicken Nuggets
  - 470 calories

- Cajun Filet Biscuit
  - 520 calories

- Chicken Strips Salad with Ranch Dressing
  - 460 calories

- 12-Inch Spicy Italian
  - 560 calories

TRY THIS!

- Regular Cheeseburger with Apple Dippers
  - 300 calories

- 4-Piece Chicken Nuggets
  - 190 calories

- Grilled Chicken Sandwich
  - 365 calories

- Pinto Beans, Mashed Potatoes, or Green Beans
  - 113 calories
  - 129 calories
  - 43 calories

- Chargrilled Chicken Garden Salad with Fat-Free Honey Mustard
  - 180 calories
  - 60 calories

- 6-Inch Fresh Fit Subway Club
  - 242 calories
Think about the fruits and vegetables you have in your kitchen. Could you make a healthy “My Plate”? 
My Plate

- 7 inch plate for kids
- 9 inch plate for teens and adults
- ¼ of plate protein
- ¼ of plate starches or grains
- ½ of plate fruits & vegetables

PROTEIN
- Grilled chicken

STARCHES OR GRAINS
- Pasta

FRUITS AND VEGETABLES
- Apples
- Broccoli

LOW FAT DAIRY
- Glass of milk

Community Care of North Carolina
CHIPRA
Snack Smart

What snacks do you typically choose?

What changes can you make to create healthier snacks?

Combine whole grains and protein, without much sugar or fat. It’s a tasty snack to keep you lean, impossible to top that!

author anonymous
# Snack Smart

Make your own snack combination with some of the choices below!

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
<th>DAIRY</th>
<th>STARCHES</th>
<th>MEATS/PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples/Applesauce</td>
<td>Broccoli</td>
<td>Cheese (sliced, cubed or shredded)</td>
<td>Baked tortilla chips</td>
<td>Canned tuna</td>
</tr>
<tr>
<td>Apricots</td>
<td>Carrot</td>
<td>Low-fat or fat-free cottage cheese</td>
<td>Graham crackers</td>
<td>Hard-boiled egg</td>
</tr>
<tr>
<td>Bananas</td>
<td>Cauliflower</td>
<td>Low-fat cream cheese</td>
<td>Low-fat popcorn</td>
<td>Lunch meat (turkey,</td>
</tr>
<tr>
<td>Berries (fresh or</td>
<td>Celery</td>
<td>Low-fat or fat-free ice cream</td>
<td>Rice cakes</td>
<td>roast beef, ham)</td>
</tr>
<tr>
<td>frozen)</td>
<td>Cucumber</td>
<td></td>
<td>Baked sweet potato chips</td>
<td>Grilled chicken strips</td>
</tr>
<tr>
<td>Canned fruit (in it's</td>
<td>Green beans</td>
<td></td>
<td>Whole grain cereal</td>
<td>Nuts (1/4 cup)</td>
</tr>
<tr>
<td>own juices)</td>
<td>Lettuce</td>
<td></td>
<td>Whole wheat bread &amp;</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Peppers (green, red, yellow)</td>
<td></td>
<td>crackers</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Cherries</td>
<td>Salad</td>
<td></td>
<td>Whole wheat English</td>
<td>Trail Mix</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>Salsa</td>
<td></td>
<td>Muffins</td>
<td>Hummus</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Tomatoes (sliced or grape/cherry)</td>
<td></td>
<td>Whole wheat mini bagels</td>
<td>Ground turkey sausage</td>
</tr>
<tr>
<td>Grapes</td>
<td>Yellow squash</td>
<td></td>
<td>Whole wheat tortillas</td>
<td>patty</td>
</tr>
<tr>
<td>Honeydew</td>
<td>Zucchini</td>
<td></td>
<td>Baked potato fries</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
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<td></td>
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<tr>
<td>Mandarin oranges</td>
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</tr>
<tr>
<td>Mango</td>
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<tr>
<td>Nectarine</td>
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<tr>
<td>Orange</td>
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<tr>
<td>Peach</td>
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<tr>
<td>Pear</td>
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<tr>
<td>Pineapple</td>
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<td></td>
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<tr>
<td>Plum</td>
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<td></td>
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<tr>
<td>Tangerine</td>
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<td></td>
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<tr>
<td>Watermelon</td>
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<td></td>
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</tr>
</tbody>
</table>

[Images of children eating snacks]
GO, SLOW, WHOA

Each food group has GO SLOW and WHOA choices.

GO

Fresh, low fat and sugar

SLOW

Still healthy but more fat and sugar

WHOA

High in fat and sugar!

What’s in Your Cart?
# GO, SLOW, WHOA

**GO Foods:** Eat almost any time (most often)- they are lowest in fat, added sugar, and calories  
**SLOW Foods:** Eat sometimes (less often)- they are higher in fat, added sugar, and/or calories  
**WHOA Foods:** Eat once in a while (least often)- they are very high in fat and/or added sugar, and much higher in calories

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS</strong></td>
<td>![Fruit Icon]</td>
<td>![Semi-Fruit Icon]</td>
<td>![Whoa-Fruit Icon]</td>
</tr>
<tr>
<td>Whole fruits (fresh, frozen, canned, or dried) are smart choices.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>![Vegetable Icon]</td>
<td>![Semi-Vegetable Icon]</td>
<td>![Whoa-Vegetable Icon]</td>
</tr>
<tr>
<td>Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow foods or Whoa foods. Dark green and orange veggies are Go choices.</td>
<td></td>
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</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td>![Grain Icon]</td>
<td>![Semi-Grain Icon]</td>
<td>![Whoa-Grain Icon]</td>
</tr>
<tr>
<td>Try to make at least half your servings whole grain choices and low in sugar.</td>
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<td></td>
</tr>
<tr>
<td><strong>MILK</strong></td>
<td>![Milk Icon]</td>
<td>![Semi-Milk Icon]</td>
<td>![Whoa-Milk Icon]</td>
</tr>
<tr>
<td>Milk is high in vitamins and minerals. Fat-free and low-fat milk are smart choices.</td>
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</tr>
<tr>
<td><strong>MEATS &amp; BEANS</strong></td>
<td>![Meat Icon]</td>
<td>![Semi-Meat Icon]</td>
<td>![Whoa-Meat Icon]</td>
</tr>
<tr>
<td>Limit meats with added fat. Smart choices include beans, nuts, and lean meats that are baked or broiled.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Additional Instructions

- Write some of the foods you commonly eat into the correct “GO,” “SLOW,” or “WHOA” circle.
Get Moving!

Exercise is important for everyone to do! But what’s the best kind?
Answer: ALL KINDS! Just get moving!

**Tips and Planning For Exercise:**
Plan out how you’re going to be active for the week. Mix it up so you don’t get bored.
Find an exercise partner for support.
Place your tennis shoes by the door to remind you to get going.
Have FUN!

**Limit Screen Time:**
Under 2 years old: None
2 years old: 1-2 hours of quality screen time daily
3-4 years old: 1-2 hours daily but not in the bedroom
5-21 years old: 2 hours non-academic daily
Get Moving!

Exercise is important for everyone to do! But what’s the best kind?

Answer: ALL KINDS! Just get moving!

**Burn Calories By:**
- Biking
- Dancing
- Swimming
- Hop Scotch
- Soccer
- Running
- Hopping
- Playing Frisbee
- Skipping
- Hula Hoop
- Brisk Walking
- Jumping Rope
- Basketball
- Marching in Place
- Jumping Jacks
- Playing Tag

**Build Strong Muscles By:**
- Sit Ups
- Push Ups
- Crunches
- Gymnastics
- Cheerleading
- Rope Climbing
- Resistance Bands
- Lifting Weights or Cans
- Climbing on Playground Equipment

**Build Strong Bones By:**
- Hopping
- Basketball
- Jumping Rope
- Tennis
- Running
- Gymnastics
- Jumping
- Volleyball

**Limit Screen Time:**
- Under 2 years old: None
- 2 years old: No more than 1-2 hours of quality screen time daily
- 3-4 years old: No more than 1-2 hours daily but not in the bedroom
- 5-21 years old: No more than 2 hours non-academic daily
Tracking Your Family’s Change to Good Health

Goal worked on: __________________________________________
Start Date: __________________________

Mark the days on this calendar that your family meets the goal you are trying to achieve.

Congratulations! You are on your way to sending your family on the road to health!

Patient name: _____________________________ Patient date of birth: _____________________________

Bring or send this in to your doctor’s office after you fill it out to let them know how you are doing!
A difficult conversation?
It doesn’t have to be!

1. Ask what concerns
2. Advise with permission
3. Assess what change
4. Assist in barriers
5. Arrange follow up