

CATCH Kids Club Family Tip Sheet: THE BASIC CATCH MESSAGES

IMPORTANT CATCH MESSAGE #1: Physical Activity

How Does Physical Activity Help You?

- ❖ Improves your general health; people who exercise regularly are sick less often
- ❖ Improves your concentration, so you perform better at home, work, and school
- ❖ Increases your strength and stamina
- ❖ Reduces stress and tension
- ❖ Makes your heart stronger
- ❖ Improves your sleep



How Much Physical Activity Should You Do?

- ❖ **Adults:** At least 30 minutes on most days of the week
- ❖ **Kids:** At least 60 minutes every day of the week

In a busy schedule, it may be hard to find time for physical activity. But it's worth it! Family members can get moving by walking a dog, pushing a stroller, washing the car, dancing in the living room, cleaning floors—or, of course, by playing games and sports.

Name 2 ways your family can do more physical activity. _____

IMPORTANT CATCH MESSAGE #2: Healthy Eating

Kids, teens, and adults can use the CATCH **GO–SLOW–WHOA** List (attached to this Family Tip Sheet) to help them make healthy food choices.

GO foods: Examples are fruits and vegetables, whole-grain foods, and unsweetened 1% milk. **GO** foods are commonly described as "whole foods," which means they're usually the least processed.

GO foods are lowest in salt (sodium) and/or added sugars. They're also lowest in unhealthy fats—solid fats such as butter or lard—and higher in healthy fats, which are vegetable oils.



WHOA foods: Examples are candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. **WHOA** foods are usually the most processed and are highest in unhealthy fats, added sugars, and/or salt.

SLOW foods: are in between **GO** foods and **WHOA** foods. Examples are sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

All foods can fit into a healthy diet . . . and a healthy diet is made up of more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods. Yet keep in mind that eating large quantities of foods—even **GO** foods—can be unhealthy.

IMPORTANT CATCH MESSAGE #3: Energy Balance

Here's a simple but important idea when you're trying to live healthy: **energy balance**. It means taking in about the same number of calories as your body burns, or uses.

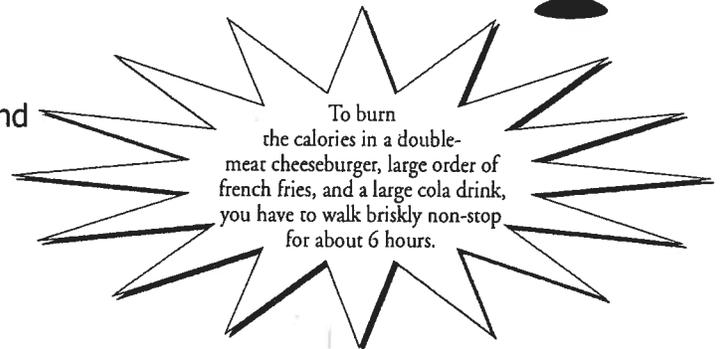
If you take in fewer calories than your body uses, over time you may lose weight.

If you take in more calories than your body uses, those leftover calories get stored as fat on your body—and over time you may gain too much weight.



To help your body stay in energy balance:

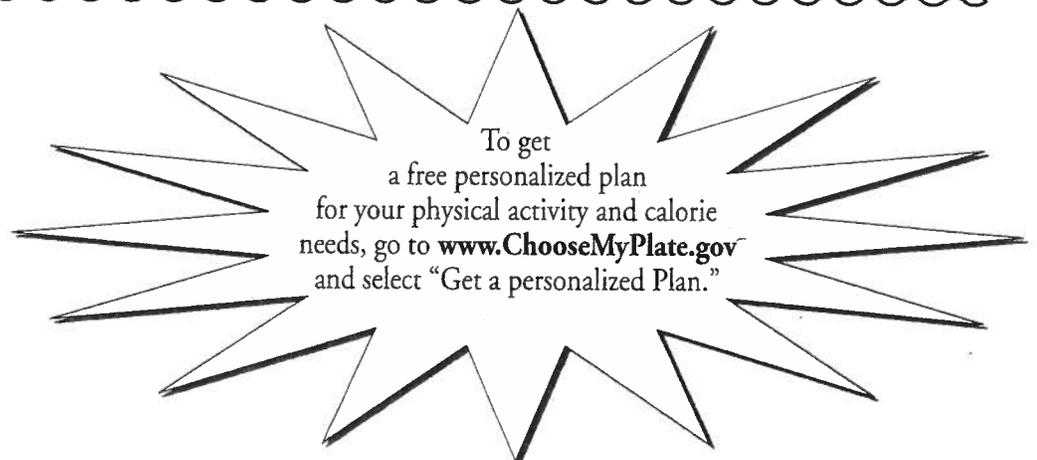
- ❖ Be physically active almost every day.
- ❖ Eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.



MORE OR FEWER JUMPING JACKS?

To the kid:

1. Tell a grown-up in your family, "I'm going to name 2 foods. To keep your body in energy balance, for which food would you have to do more jumping jacks to burn all the calories in it?"
2. Name 2 foods from the **GO-SLOW-WHOA List**. One of the foods should be from a GO column or a SLOW column. The other food should be from a WHOA column. (Don't tell the adult which columns the foods are from.) The correct answer to your question will always be the WHOA food.
3. Repeat these steps with several other pairs of foods.



CATCH Kids Club Family Tip Sheet: SNACK FOODS

Some people think snacking isn't healthy. Actually, snacks are a normal part of people's eating habits. And most kids need to eat them.

So snacking isn't unhealthy. But a lot of popular snack foods *are*.

As a family, name several popular snack foods. Are most of them healthy, or not so healthy? Many of the foods you named are probably processed foods. Processed foods contribute a lot of calories, added sugars, salt (sodium), and/or unhealthy solid fats (such as saturated fat) . . . and they don't contribute things like vitamins and minerals.

Many snack foods—including packaged desserts—contain the unhealthiest type of fat: **trans fat** (a solid fat). Eating too many *trans* fats can cause health problems.

To find out if a *trans* fat is in a food, look for "*trans* fat" in the Nutrition Facts on the package. Also read the list of ingredients to see if the food contains "hydrogenated" or "partially hydrogenated" fats or oils. These are *trans* fats.

People who consume too many calories from unhealthy snack foods are less likely to stay in energy balance and more likely to gain weight. (Your body is in energy balance when it burns about the same number of calories you eat.)

AD TECHNIQUES

Unhealthy snack foods are advertised a lot on TV, the Internet, and in magazines. Food companies want us to buy these snack foods without thinking about what the foods are really like. The companies use tricks—called ad techniques—to do this.

As a family, read each description of the ad techniques below. Then write down at least one food commercial that uses it.

Appeal to Health: Tries to persuade you that the product is good for your health or will make you happier. _____

Bandwagon: Tries to persuade you to buy the product because everybody else is buying it—and if you don't want to be left out you should "join the crowd" and buy it too. _____

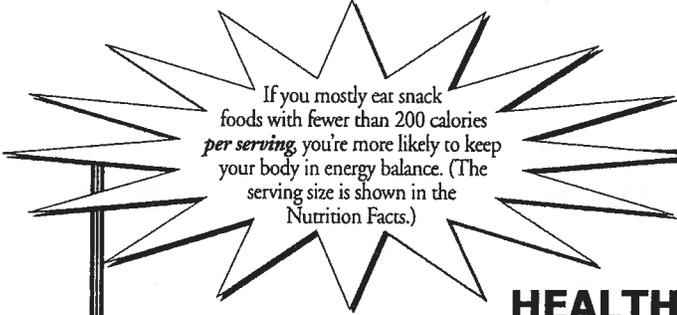
Testimonial: Uses famous people to tell about how wonderful they think the product is and why you should try it. _____

Exaggeration: Uses many descriptive words that exaggerate the quality of the product, making you think you just *have* to try it. _____

Instructions to the family:

At home or in a grocery store, check out the snack foods you eat.

1. Read the Nutrition Facts on packages to find out the amounts of sodium, sugars, *trans* fat, and saturated fat (another unhealthy solid fat).
2. Look for "hydrogenated" or "partially hydrogenated" fats or oils in the ingredients list.
3. Rank the snack foods from healthiest to least healthy.



If you mostly eat snack foods with fewer than 200 calories *per serving*, you're more likely to keep your body in energy balance. (The serving size is shown in the Nutrition Facts.)

HEALTHY SNACK IDEAS

- ❖ Fresh fruit
- ❖ Frozen fruit chunks, such as pineapple, peaches, grapes, bananas, and strawberries
- ❖ Raw vegetables and a small amount of dip made with a vegetable oil or low-fat sour cream
- ❖ Mini-meal snack (A mini-meal is a smaller amount of a regular meal.)
- ❖ Crunchy snacks: air-popped popcorn (with no salt added), graham crackers, baby carrots, baked potato chips, low-salt pretzels
- ❖ Snack mix of pumpkin seeds, sunflower seeds, and raisins or other dried fruit
- ❖ Baked tortilla chips and picante sauce (salsa)
- ❖ Low-fat string cheese on low-fat whole-grain crackers
- ❖ Whole-grain bagel spread with low-fat cream cheese
- ❖ Natural peanut butter on whole-wheat bread, with non-fat or 1% milk
- ❖ Low-salt pinto beans, natural cheese, and tomato in a corn tortilla

Instructions to the family:

On the lines below, each person should write their initials and a healthy snack they're going to eat in the next few days. (Get ideas from the GO-SLOW-WHOA List attached to THE BASIC CATCH MESSAGES tip sheet.)



CATCH Kids Club Family Tip Sheet: BEVERAGES



As a family, name as many types of beverages as you can in 2 minutes.

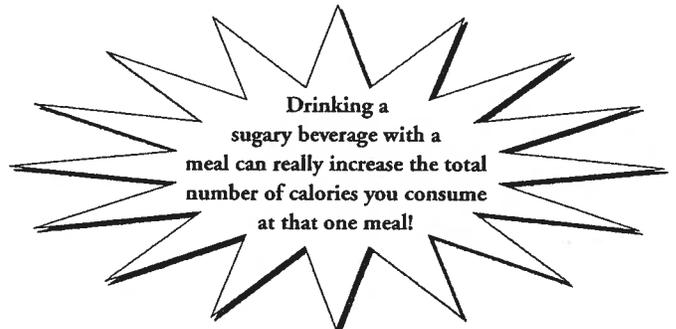
Isn't it amazing how many beverage choices there are? Beverages have become a big part of what people consume. Because of this, it's important to think about what you're drinking . . . and to know which beverages to drink more often and less often.

To stay healthy and in good shape, drink these **GO beverages** *more often*:

Milk—fat-free or 1% plain (unflavored): Contains little or no fat—and no added sugars. The calcium in milk helps bones and teeth stay strong and healthy. Also, milk is a good source of protein. *NOTE:* Calcium-fortified, unsweetened soy, rice, and almond milk are also GO beverages. (For SLOW and WHOA types of milk, see the GO-SLOW-WHOA List attached to The Basic CATCH Messages Tip Sheet.)

Water: Contains no calories, fat, or sugar. It gets rid of toxins in your body. It keeps you from getting dehydrated. And—if it's not bottled—it's free.

100% fruit juices: Contain no fat, and provide vitamins and minerals. But since they contain a lot of natural sugars, you should drink no more than 1–1½ cups a day.



To stay healthy and in good shape, drink these **WHOA beverages** *only once in a while*:

soft drinks
vitamin water
sweetened tea drinks

sports drinks
fruit-flavored drinks
sweetened coffee drinks

energy drinks
fruit juice drinks

As a family, name all the reasons you can think of for limiting the number of WHOA beverages you drink. Then see how many of your reasons are in the list that follows.

WHY LIMIT WHOA BEVERAGES?

- 1. Empty Calories:** You're taking in calories when you drink WHOA beverages. But you're not getting any good nutrition along with those calories.
- 2. Weight Gain:** Did you know that drinking just one 12-ounce soft drink a day can make a kid gain 10 pounds in a year? Many health studies suggest that even diet soft drinks can lead to gaining weight.
- 3. Disease:** The added sugars can lead to diabetes. Even diet soft drinks cause an increased risk of diabetes, according to health studies.
- 4. Damage to Teeth:** The added sugars can cause cavities. Also, most carbonated beverages contain acids that can erode tooth enamel. And dark-colored soft drinks and some caffeinated drinks stain your teeth.
- 5. Caffeine:** Energy drinks, some soft drinks, and sweetened tea and coffee drinks that aren't decaffeinated contain caffeine. Caffeine can disturb kids' and teens' sleep; cause anxiety, dizziness, and headaches; and make their body lose calcium.
- 6. Cost:** Most sugary WHOA beverages are basically colored sugar water. Estimate how much your family spends each week on colored sugar water. What else could you spend that money on?

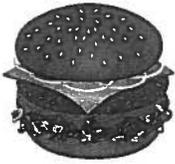
SET A GOAL

Instructions to the family: Each person should estimate how many soft drinks and other sugary beverages they drink in a week. Then set a goal to reduce that number.

Tips for Healthier Beverage-Drinking

- 1.** Don't buy WHOA sugary beverages . . . or buy them only for special occasions.
- 2.** Look at the Nutrition Facts label to see how many servings are in the container. Most companies make the serving size small so the beverage won't seem so unhealthy. Find out how many calories and grams of sugar are in the amount you're planning to drink.
- 3.** Drink more water. Try flavoring it sometimes with a squirt of lemon or lime.
- 4.** Dilute WHOA sugary beverages with ice or water.
- 5.** Add plain or sparkling water to 100% fruit juices.
- 6.** Buy fat-free or 1% milk instead of 2% or whole milk. Buy flavored milk only once in a while.
- 7.** If you buy bottled water, buy it either unsweetened or flavored with natural fruit.

What other tips can your family think of to add to this list?

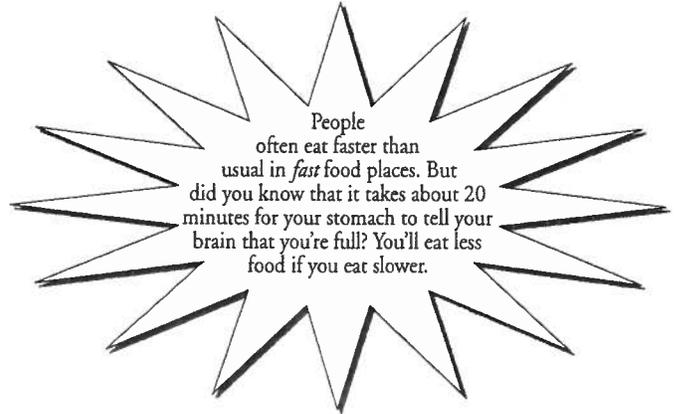


CATCH Kids Club Family Tip Sheet: FAST FOODS



It's true that fast foods are convenient . . . especially when you're pressed for time. But when your family eats fast foods, what else is everyone getting besides extra time?

With **most fast foods** your family is also getting a lot of **calories**, a lot of **sodium** (salt), a lot of **added sugars**, and a lot of **unhealthy (solid) fats**. And they're *not* getting many good nutrients. In fact, eating too many fast foods can lead to overweight and obesity, diabetes, high blood pressure, and heart disease.



As a family, look at these **recommended daily amounts for children:**

- ❖ **Sodium: No more than 1,500 milligrams (mg)**
- ❖ **Added sugars: No more than 12 grams (g)**
- ❖ **Saturated fat: 16–18 grams (g) for children 4–8 years; 18–22 g for girls 9–13 years; 20–24 g for boys 9–13 years**

Keep in mind that these are the recommended amounts for kids **for an entire day**. (Note: Except for saturated fat, recommended amounts for teens and adults are slightly higher.) Now, as a family, compare the recommended amounts to the total amounts in two kid's meals at popular fast food restaurants.



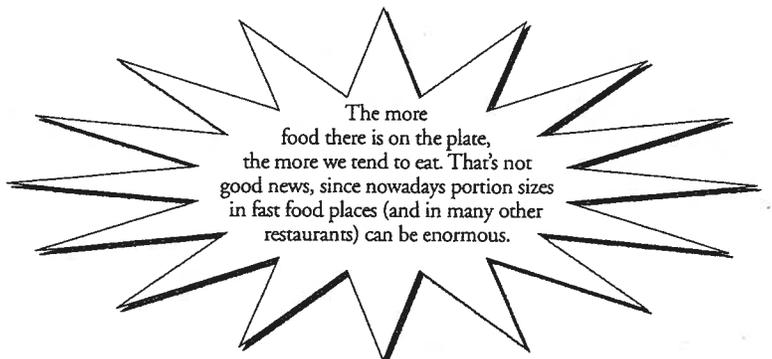
Kid's Meal #1
Cheeseburger
Fruit with a caramel dip
Chocolate low-fat milk

→ 940 mg of sodium
46 g of sugars [most are added sugars]
8 g of saturated fat

Kid's Meal #2
Chicken strips
Small order of french fries
Kid's soft drink
Sugar cookie

→ 1,038 mg of sodium
57 g of sugars [most are added sugars]
14 g of saturated fat

What does each family member think about the total amounts in these meals for *kids*?



Strategies for Eating Out

1. Make eating out special by doing it less often . . . maybe once a week. (An added bonus: Meals prepared at home usually contain fewer unhealthy fats, sodium, calories, and added sugars.)
2. Talk to your kids about what they can and can't have *before* it's time to actually order the food.
3. Order healthier versions of menu items. Like unsalted french fries. Or roasted instead of fried chicken. Or a pizza with a veggie topping instead of a meat topping.
4. Share high-calorie, high-fat, and/or high-sugar menu items with another person. Or eat half of it and take home the other half for another meal.
5. What if you're hungry when you're out and about? Instead of ordering a full meal at a fast food place, order something small and healthier. Like a small salad with grilled chicken. Then eat a full meal later at home.
6. Order a regular burger instead of one with double-meat or triple-meat. Avoid extras that add even more calories and unhealthy fats. Like bacon, mayonnaise, and special sauces. Much healthier extras include mustard, lettuce, tomatoes, and onions.
7. Don't super-size when you order. And avoid eating from a buffet. Both of these things can cause you to eat too much.
8. Order a side salad rather than french fries or onion rings.
9. The healthiest beverage choices:
 - For kids – water, 100% fruit juice, or low-fat milk.
 - For adults – water, 100% fruit juice, or unsweetened decaffeinated tea. (If you have to order a soft drink, make it a diet one.)

Instructions to the family:

The next time your family is thinking about going to a fast food place (or any other type of restaurant), make a plan before you leave home. Use some of the **Strategies for Eating Out**—or other ideas of your own—to figure out a way for everyone to enjoy the convenience of eating out . . . without taking in too much sodium, sugar, or saturated fat.

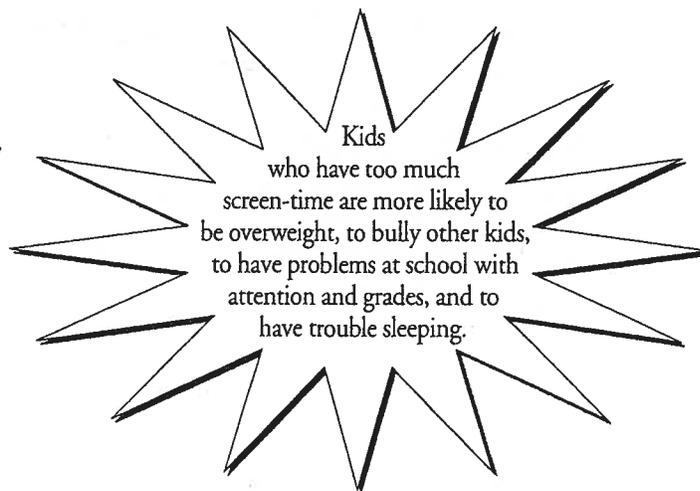
CATCH Kids Club Family Tip Sheet: SCREEN-TIME



Watching DVDs and TV shows, texting, emailing, surfing the Internet, playing video games, computer games, and handheld games. . . . The number of activities you can do in front of an electronic screen seems to increase every year. So does the amount of time you spend doing them.

Unfortunately, usually during “screen-time” you’re not moving. So too much screen-time can end up making your body get out of energy balance*. This is even more likely to happen if you *eat* while in front of a screen.

*Your body is in energy balance when it burns about the same number of calories you eat.



SCREEN-TIME: Your Family’s Numbers

The *average amount* of daily screen-time of American kids and teens is 7 hours. The *recommended amount* is 2 hours a day. (For preschool kids: less than 1 hour. For children 2 years or younger: no screen-time.)

Is the screen-time of the kids in your family closer to the average amount or the recommended amount?

Help your kids calculate the average number of hours they spend daily in front of any kind of electronic screen. Write down their names and the number of hours.

_____	_____	_____
_____	_____	_____

For anyone whose screen-time is above the recommended amount: Set a goal to reduce your screen-time—even if it’s only by an hour a day.

For everyone: It’s easy to overeat in front of a screen. That’s because you’re concentrating on what is on the screen. So, no matter what your amount of screen-time is, set a goal not to eat when you’re in front of a screen.

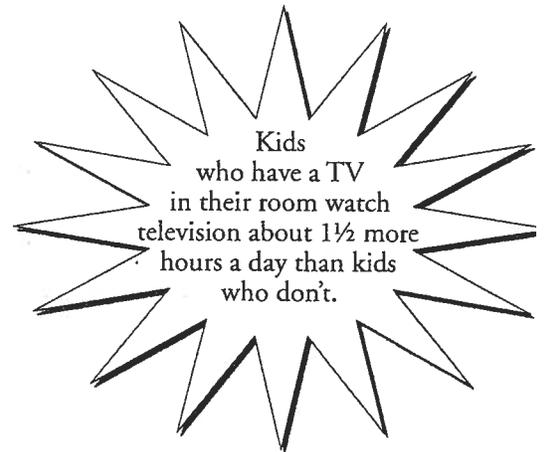
WHY REDUCE SCREEN-TIME?

As a family, name at least 10 reasons to reduce screen-time. Here are some reasons to get you started:

- ❖ After a while, you don't feel like getting up and moving.
- ❖ You miss out on playing with friends and family members.
- ❖ You argue or get into fights like people on TV do.
- ❖ You want to buy the junk food or toys you see on TV.

TWO WAYS TO REDUCE SCREEN-TIME

1. Make a list of the TV shows you watch each night. Decide which ones are your favorites and which ones aren't as important to you. Don't watch at least one of the unimportant shows.
2. If you play a handheld game, video game, or a game on a computer or the Internet, play it for one fourth less time. (An adult can help kids figure out how much less time this is.)



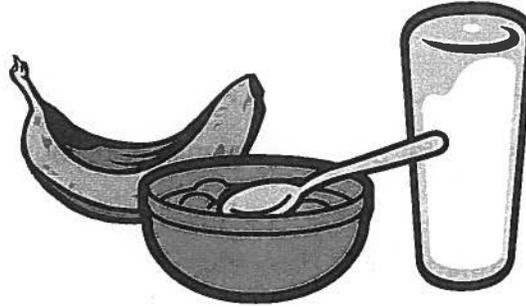
WHAT TO DO INSTEAD OF SCREEN-TIME

If your family members reduce their screen-time, they'll have more time to do other things. As a family, on a separate sheet of paper write down at least 10 things you can do instead of screen-time.

Remember that doing physical activity is an important part of keeping your body in energy balance. So make some of the things you name involve movement.

CATCH Kids Club Family Tip Sheet: BREAKFAST

Breakfast is the most important meal of the day. But are all breakfast foods equally healthy? No way! Just compare these two breakfasts.



Breakfast #1

Eggs fried in bacon grease
Sausage
White-bread toast
Chocolate-flavored whole milk

Breakfast #2

Whole-grain cereal with 1% milk
Banana slices
Whole-wheat toast
100% orange juice

Breakfast #1 is a lot higher in sodium (salt), added sugars, and unhealthy solid fats.

Breakfast #1 also provides a lot less dietary fiber. Why is it good to eat enough of this fiber? It reduces your risk of getting diabetes and heart disease. It helps keep your digestive tract clean. And, since it's calorie-free, fiber can help you feel full without consuming more calories. . . . Cereals, breads, and other foods made with grains are good sources of fiber if they provide at least 3 g (grams) per serving.

The Nutrition Facts on a package tell you how many calories are in the food. That's where you'll also find the amounts of healthy nutrients (like dietary fiber and calcium) and unhealthy nutrients (like sugars, saturated fat, and sodium). Be sure to check the serving size shown at the top of the Nutrition Facts.

Want to
find out which types of cereal,
milk, and other breakfast foods are best
to eat most of the time? Check out the GO-
SLOW-WHOA List attached to The Basic
CATCH Messages Tip Sheet.

Tips for Healthy Breakfasts

1. Buy non-fat or 1% plain milk and yogurt most of the time.
2. Eat breads and tortillas made with whole grains (like whole-wheat and corn) instead of refined grains (like white flour).
3. Eat whole-grain cereals (like toasted oats, shredded wheat, and oatmeal). Avoid cereals loaded with sugar. Check the ingredients list. Types of sugars include corn syrup, high fructose corn syrup, dextrose, glucose, sucrose, fructose, honey, and molasses.
4. Eat fresh or frozen fruit by itself, cut up on cereal, or in a smoothie made with 100% fruit juice or non-fat or 1% plain milk and yogurt.
5. Eat WHOA breakfast meats like bacon, chorizo, and sausage only once in a while.

Instructions to the family:

Change these WHOA breakfast foods to GO breakfast foods. Get ideas from the GO-SLOW-WHOA List attached to THE BASIC CATCH MESSAGES tip sheet.

Breakfast 1

- Sugar-coated cornflakes with whole milk
- Doughnut
- Orange-flavored juice drink (only 10% fruit juice)

Breakfast 2

- Breakfast taco—made with (refined) flour tortillas, bacon and eggs (fried together), and American cheese
- 2% chocolate milk

Breakfast 3

- Chocolate chip pancakes with maple syrup and butter
- Cola soft drink

Plan ahead. Then you'll be more likely to eat a healthy breakfast before dashing off in the morning. On a separate sheet of paper, list at least 4 quick and healthy breakfasts you're going to eat in the near future. If necessary, buy the foods for these breakfasts.

CATCH Kids Club Family Tip Sheet: BONE HEALTH

Your bones may seem hard and indestructible. But to function at their best you need to take care of them. What can you and your family do?



1. Do physical activities, sports, and games that involve jumping. That's because you put the most weight, or impact, on your bones when you jump. What activities can *you* do to put impact on your bones? On the lines below, each family member should write their initials and an activity they intend to do.

2. Eat plenty of foods that contain calcium, an important mineral. Look at this chart of the recommended daily amounts of calcium for people in different age groups. (mg = milligrams) How much should each of your family members get?

Milk and dairy foods like cheese and yogurt are great sources of calcium.

Some non-dairy foods are also calcium-rich. (That's good news for people who have problems digesting milk and dairy foods!) Here are some of them:

- Calcium-fortified orange juice, soymilk, rice milk, cereals, and breads
- Dark-green leafy vegetables
- Corn tortillas
- Broccoli
- Almonds
- Beans

Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–18 years	1,300 mg
Adults 19–50 years	1,000 mg

Some people think they'll gain weight if they eat calcium-rich foods. That won't happen if you eat mostly calcium-rich foods that *aren't* rich in fat—such as these:

- Non-fat (or low-fat) milk and dairy foods
- Spinach
- Broccoli

Check out the GO column of the charts on the next page. They're low-fat or no-fat.

To see how many grams of fat a calcium-rich food contains, check the Nutrition Facts on the container. To keep your body in energy balance, eat mostly calcium-rich foods with fewer grams of fat. (Your body is in energy balance when it burns about the same number of calories you eat.)

3. Be sure to get enough vitamin D. Your body needs vitamin D to absorb the calcium in foods. Vitamin D is found in only a few foods, such as salmon and egg yolks. It's also added to milk. You can also get vitamin D by spending time in sunshine.

Family Tip Sheet: Bone Health

Instructions to the family: Look through these **CALCIUM-RICH FOODS**. Circle all the foods that anyone in your family has had before. Next, each person should write their initials beside at least 2 GO or SLOW foods (in either chart) they've never had before but are going to try soon. Then be sure to follow through and do it.

(Note: ** = Excellent source of calcium)

Milk and Dairy Foods

GO		SLOW		WHOA
	Fat-free, skim, or non-fat milk**		Reduced-fat or 2% milk**	Whole milk**
	Low-fat or 1% milk**		Fat-free or 1% flavored milk**	Whole or 2% flavored milk**
	Part-skim natural cheese (like part-skim mozzarella)**		Natural cheese (like cheddar or Swiss)**	Processed cheese (like American)**
	Low-fat or 1% cottage cheese		Reduced-fat or 2% cottage cheese	Whole-milk cottage cheese
	Low-fat string cheese**		String cheese**	Milkshake**
	Fat-free or low-fat yogurt or yogurt drink, no sugar added or sweetened with fruit juice**		Fat-free or low-fat yogurt or yogurt drink—sugar added**	Whole-milk yogurt or yogurt drink**

Non-Dairy Foods

GO		SLOW		WHOA
	Calcium-fortified whole-grain or whole-wheat bread		Calcium-fortified bread (white flour)	
	Whole-wheat tortilla		Flour tortilla (white flour)	
	Whole-grain English muffin (enriched)		English muffin (enriched, white flour)	
	Corn tortillas		Pita bread (enriched, white flour)	
	Tofu (prepared with calcium sulfate)**		Almonds with no added salt, sugar, and/or fat	Almonds with added salt, sugar, and/or fat
	Calcium-fortified orange juice			
	Broccoli, cooked or raw			
	Dark leafy greens, cooked or raw (spinach, Chinese cabbage, kale, bok choy, mustard greens, collard greens, turnip greens)			
	Calcium-fortified cereal**		Instant oatmeal	
	Calcium-fortified soy milk or rice milk**			
	Calcium-fortified almond milk**			
	Soybeans		Refried beans	
	Beans (pinto or kidney)		Baked beans (white beans)	