



The Do's and Don'ts for Healthy Living

DO eat breakfast!
DO play outside
DO exercise 1 hour daily
DO sleep 10 hours a night
DO drink water daily
DO fill 1/2 plate w/veggies
DO eat portions size of hand
DO eat dinner with the family
DO think positive thoughts
DO believe you are healthy
DO share meals at restaurants
DO read food labels on packages
DO bring your lunch to school
DO choose fruit for snacks
DO try new things
DO thank your parents

DON'T watch TV for more than 2 hours weekly
DON'T drink soda or caffeinated drinks
DON'T eat snacks that leave fingers sticky
DON'T eat while watching TV or at the computer
DON'T eat fast food – i.e. burgers and fries
DON'T complain – you are what you think!
DON'T eat sugar – use honey or maple syrup
DON'T eat trans fats - found in baked goods
DON'T eat after 7:30 pm - go to bed early 😊
DON'T eat white bread or white rice
DON'T “save room for dessert”
DON'T forget to pack healthy snacks
DON'T forget to count your blessings
DON'T spend too much time on the couch
DON'T feel guilty about taking a nap
DON'T forget how special you are!