



Advanced
Pediatric Cardiology

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Advanced Pediatric Cardiology

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9-5-2-1-0 GO

Healthy Choices Today for a Stronger Tomorrow!

Living a healthy lifestyle includes good sleep, nutritious foods, regular physical activity, limited screen time, and healthy drink choices. The 9-5-2-1-0 guidelines can help children and families make simple, healthy choices every day!

9

HOURS OF SLEEP NIGHTLY



- Set a consistent bedtime (including weekends) and follow a nightly routine.
- Avoid caffeinated foods and beverages after 3 p.m.
- Turn off electronics at least 60 minutes before bedtime and keep them out of the bedroom.



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SERVINGS OF VEGETABLES AND FRUIT DAILY (3 or more vegetables and 2 fruits)



- Eat at least one vegetable with each meal and one fruit with each snack.
- Let kids help with meal preparation.
- Be sneaky! Add vegetables to favorite foods (smoothies, sauces, soups).
- Eat the rainbow — choose a variety of colors of fruits and vegetables.
- Try different preparations such as baking, roasting, steaming, or sautéing.

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HOURS OR LESS OF SCREEN TIME (TV, computer, tablet, or smartphone)



- Instead of turning on the TV after dinner, go outside or play a game as a family.
- Create screen-free bedrooms and meal times.
- Make small reductions in screen time each week.
- Encourage reading, either alone or with parents, as an alternative to media use.

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HOUR OR MORE OF DAILY PHYSICAL ACTIVITY



- Choose activities that are fun! Biking, walking, skating, skateboarding, swimming, yoga, sports, running, or outdoor games.
- Break exercise into manageable chunks (3 × 20-minute bouts is just as good as 60 straight minutes).
- “Exercise” does not have to be structured — free outdoor (or indoor) play while moving, sweating, and getting the heart rate up is important for kids and their development.

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SWEET DRINKS (such as regular juice, soda, sweet tea, lemonade, and sports drinks)



- Choose water as the primary beverage for hydration and health.
- Opt for unsweetened tea or a diet soda over sugary drinks if choosing to consume.



Small Steps ♥ Healthy Habits ♥ Brighter Tomorrows!



My Healthy Plate

A Simple Guide to Balanced Nutrition
for Children, Teens, and Families

Healthy
Eating
Today for a
Brighter
Tomorrow



Supports
Heart Health



Promotes
Healthy Growth



Provides
Energy



Boosts
Immunity



Improves
Focus & Learning



Builds
Lifelong Habits

Vegetables

Fill 1/4 of your plate

- Choose a variety of colorful vegetables
- Fresh, frozen, or minimally processed
- Aim for different colors each day



Fruits

Fill 1/4 of your plate

- Choose fresh, frozen, or canned in water
- Eat a variety of fruits
- Limit fruit juices
- Enjoy whole fruits for fiber and longer fullness



Dairy (or Fortified Alternatives)

Have on the side

- Choose low-fat or fat-free milk, yogurt, or fortified soy milk
- Provides calcium, vitamin D, and protein for strong bones



Whole Grains

Fill 1/4 of your plate

- Choose whole grains more often
- Examples: brown rice, whole-wheat bread, oats, quinoa, whole-wheat pasta
- Limit refined grains and sugary cereals



Healthy Protein

Fill 1/4 of your plate

- Choose lean protein sources
- Examples: fish, chicken, beans, lentils, eggs, tofu, nuts and seeds (age-appropriate)
- Limit processed meats



Healthy Plate Tips for the Whole Family



Choose
water instead
of sugary drinks



Include
fiber-rich foods
daily



Use healthy fats
(olive oil, nuts,
seeds, avocado)



Limit sodium,
processed foods,
and added sugars



Encourage
regular physical
activity



Make healthy
meals a family
habit

Examples of Healthy Plates



Breakfast

Oatmeal with berries and nuts (age-appropriate), plain yogurt, and water.



Lunch

Grilled chicken, quinoa, vegetables, fresh fruit, and water.



Dinner

Salmon, brown rice, steamed vegetables, and water.



Important Reminders

- ✓ Half of the plate should be fruits and vegetables.
- ✓ Choose whole grains and lean proteins.
- ✓ Adjust portions for age, growth, and activity level.
- ✓ Limit sugar-sweetened beverages, fast food, and highly processed snacks.
- ✓ Involve children in meal planning and preparation.
- ✓ Healthy eating supports a healthy heart and a brighter future!



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Size Up Your Serving

A Guide to Healthy Portions for Children, Teens, and Adults

Building healthy habits today for a stronger, healthier tomorrow! ❤️



CARING FOR HEARTS

Recommended Daily Serving

Dairy (or Fortified Alternatives)	Age Range	Recommended Daily Servings	What is a Serving Size?
	Ages 2-8	2-2½ cups	1 cup = 8 oz yogurt 1 cup of milk 1½ oz hard cheese ⅓ cup shredded cheese
	Ages 9-18	3 cups	
	Ages 19+	3 cups	
Fruits	Age Range	Recommended Daily Servings	What is a Serving Size?
	Ages 2-8	1-1½ cups	½ cup = ½ cup 100% fruit juice ¼ cup dried fruit ½ cup strawberries 1 small apple 16 grapes
	Ages 9-18	1½-2 cups	
	Ages 19+	1½-2 cups	
Vegetables	Age Range	Recommended Daily Servings	What is a Serving Size?
	Ages 2-8	1-1½ cups	1 cup = 2 cups raw leafy greens 1 cup carrots 1 medium baked potato 3 spears cooked broccoli
	Ages 9-18	2-3 cups	
	Ages 19+	2-3 cups	
Grains	Age Range	Recommended Daily Servings	What is a Serving Size?
	Ages 2-8	3-5 ounces	1 ounce = 1 slice of bread 1 cup of cereal ½ cup cooked rice or pasta 5 whole wheat crackers
	Ages 9-18	5-8 ounces	
	Ages 19+	5-8 ounces	
Protein	Age Range	Recommended Daily Servings	What is a Serving Size?
	Ages 2-8	2-4 ounces	1 ounce = 1 egg ¼ cup cooked beans ½ ounce nuts or seeds 1 oz cooked poultry, fish or lean meat
	Ages 9-18	5-6½ ounces	
	Ages 19+	5-6½ ounces	

What Does a Serving Look Like?

Choose Lowfat or Fat-Free Dairy

1 cup equivalent



Focus on Fruits

½ cup equivalent



Vary Your Veggies

1 cup equivalent



Make Half Your Grains Whole

1 ounce equivalent



Vary Your Protein Routine

1 ounce equivalent



Visualize Your Serving Size



Palm = 3 ounces



Fist = 1 cup



Cupped hand = ½ cup



Thumb = 1 tablespoon



Helpful Tips for Healthy Portions

- ✓ Use a variety of foods from all food groups.
- ✓ Choose mostly fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy.
- ✓ Adjust portions for age, growth, and activity level.
- ✓ Limit added sugars, processed foods, and high-sodium foods.
- ✓ Involve children in meal planning and preparation.
- ✓ Make healthy eating a family habit.



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