

# Children's Health

## Live The Good Life: Teach Your Children Well

(NAPSA)—Even when school is out, the opportunity to learn is always available. Especially since your children follow your example. That's why the American Heart Association recommends that parents take time to establish smart and healthy lifestyle habits your kids will have for life.

Nutritionists say it can be easy for school-aged kids to learn healthy eating habits. In fact, studies show that healthy habits established early in life tend to remain with people well into their adult years. The American Heart Association offers tips that parents can use—year-round!

*First*, be active with your family. Go for walks. Enjoy a bike ride. Toss a ball during a backyard picnic. Not only will you share extra playtime with the kids, but physical activity is a fun way to burn extra calories, stay fit and maintain a healthy heart!

*Second*, pack your and your children's lunches with nutritious, low-fat, low-cholesterol foods like:

- Low- or nonfat dairy products such as skim milk and low-fat string cheese;
- Sandwiches made with whole-grain breads and extra-lean meats or fish;
- Low-fat condiments such as mustard instead of mayonnaise;
- Fresh fruits and vegetables such as apples and oranges, carrots and celery;
- Baked pretzels, baked tortilla chips and salsa, and low-fat yogurts for tasty treats.

*Third*, look for the American Heart Association's heart-check mark while grocery shopping. The



**TAKE THIS MESSAGE TO HEART—Healthy habits established early in life tend to remain with people well into their adult years.**

distinctive red heart with a white check mark on food labels from the association's Food Certification Program helps you quickly and reliably find healthy foods that can be part of a sensible eating plan. Food packages bearing the simple logo have been evaluated to ensure they meet the American Heart Association's criteria for heart-healthy levels of saturated fat and cholesterol for healthy people over age 2.

For even more convenience, use the association's online Grocery List Builder to create, print and take your heart-healthy shopping list with you to the store. (Your kids might enjoy building their own special list!) The Web site features a complete list of certified foods. Log on to [heartcheckmark.org](http://heartcheckmark.org). It's a great way to shop smart—and fast!

To learn more about reducing the risk of heart disease and stroke through good nutrition, visit the American Heart Association Web site at [americanheart.org](http://americanheart.org) or call 1.800.AHA.USA1 for your free copy of the "Shop Smart with Heart" brochure.