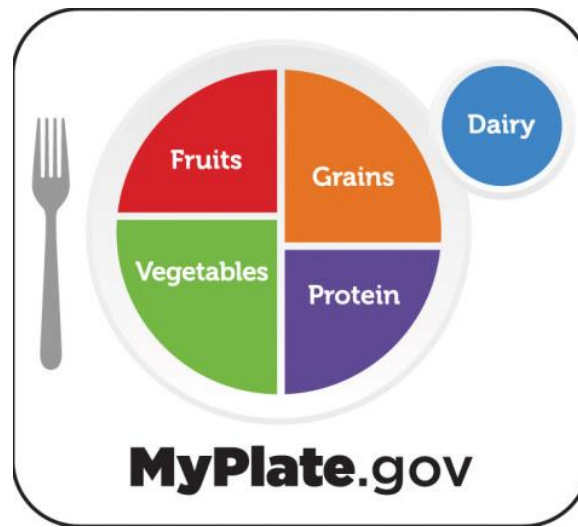


Quick Tips for Diet and Exercise



(Myplate.gov)

Diet Tips¹:

1. The plate above shows how much space each type of food should take up in your plate
2. Fruits and vegetables should take up 50% (one half) of your plate
3. Carbohydrates should only take up 25% (one quarter) of your plate
4. Choose low-fat milk or water with meals instead of sugary drinks

Examples of Moderate Activity	Examples of Vigorous Activity
Slow walking (3.5 mph)	Fast walking (4.5 mph)
Slow bike riding (<10 mph)	Fast bike riding (>10 mph)
Dancing	Jogging or running
Weight lifting—light workout	Aerobics
Stretching	Competitive sports: basketball, football, soccer

(AAP, 2011)

Exercise Tips²:

1. The goal should be 60 minutes of moderate to vigorous activity each day (examples above)
2. It is ok to reach your 60-minute goal by breaking it up into 15–20-minute sessions
3. Activities that the whole family can participate in help keep everyone healthy and accountable! Consider doing a fitness activity that you can do together.

1. United States Department of Agriculture. MyPlate. MyPlate.gov. Accessed February 25, 2026. <https://www.myplate.gov>

2. American Academy of Pediatrics. *Care of the Young Athlete Patient Education Handouts: Physical Activity: Creating a FITT Plan*. Published 2011. Accessed February 25, 2026. https://www.aap.org/globalassets/publications/cova/physical-activity-plan-fitt_final_secured.1.0.pdf