



**BlueCross BlueShield  
of North Carolina**

An independent licensee of the Blue Cross and Blue Shield Association



## Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

BMI: \_\_\_\_\_

BMI %: \_\_\_\_\_

Risk Level: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Get on a healthy track by adding these tips to your daily routine.

**Eat 5 servings  
of fruits and  
veggies every  
single day.**



**Examples:**

**Fruits**

- Apples, bananas, oranges
- Berries, grapes
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

**Vegetables**

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

**Limit screen  
time to 2 hours  
or less.**



**Screen time  
includes:**

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting



**Get at least 1 hour  
of physical activity.**

*Make sure an adult is there.*

- Walk to and/or from school
- Jump rope
- Ride a bike
- Play catch
- Jump, skip or hop to music

**Every meal should be balanced.**

**1/2 of plate =**

**Vegetables, salads and fruit**

- 1 cup of raw leafy vegetables
- 1/2 cup of cooked vegetables
- 1 cup of fruit = 1 medium apple, orange or pear

1 cup =



1/2 cup =



**1/4 of plate =**

**Grains, rice or bread**

- 1 fist = 1 serving of cereal flakes



**1/4 of plate =**

**Meat, poultry or fish**

- A deck of cards = a portion of meat, poultry or fish



**Know your serving sizes.**

**Limit sweetened drinks to 0.**

**Examples of sweetened drinks to stay away from:**

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

**Instead, drink:**

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Review provided by leading experts:  
American Academy of Pediatrics  
American Diabetes Association

## Eat 5 servings of fruits and veggies every single day.



- Read the labels on food, including labels on soda, juice and fruit-based products that have a lot of sugar.
- Involve your child in shopping and meal planning. Children may want to eat healthier meals if they help make them.
- Encourage your child to try new, healthy foods. Try one new healthy recipe or food each week.
- Avoid using food as a reward or punishment.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.
- Put food on small plates, like salad plates, instead of large dinner plates.
- Eat meals at home and try to eat meals with the whole family each day.
- Avoid eating at fast-food restaurants.

## Limit screen time to 2 hours or less.



- Encourage your child to be active before letting him or her watch TV, play video games or use a computer.
- Limit the time your child sits at the computer, plays video games and watches movies.
- Limit the amount of time your child can watch TV (for example, if your child gets five hours of screen time a day, limit screen time to four hours initially and gradually decrease screen time to two or less hours per day).
- Avoid putting a TV in your child's bedroom.
- Have "family time" after dinner and play games, tell stories or do other fun things.
- Avoid eating food in front of the TV.

## Get at least 1 hour of physical activity.



- Walk 10 minutes with your child every day to make sure your family is getting enough exercise.
- Have a family contest to see who is the most active every day.
- Tell your child to play basketball, soccer or their favorite outdoor game with other children.
- Do jumping jacks or other quick activities while watching commercials with your kid.
- Go fly a kite with your kids.
- Have your kids play active games like jumping rope to music or hula hooping.
- Take your kids for a bike ride around the neighborhood.
- Wash the car with your kids.
- When you are at the mall, have your kids walk with you.
- Play inside with your child by dancing around the living room to fun music.
- Play tag with your kids.
- Have your children walk or bike to school.
- Other activities: \_\_\_\_\_

## Limit sweetened drinks to 0.



- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.