

## encourage healthy food & beverage consumption

what can I do?

### What families & individuals can do

- Encourage consumption of healthful food and drink options
- Limit access to foods of minimal nutritional value in the home
- Include water, fat-free or low-fat milk at meals and snacks

### What communities can do

- Promote access to and consumption of healthful food and drink options
- Improve supermarket and small store access in underserved areas so that healthy foods and beverages are available

### What early care & education providers can do

- Provide drink options such as milk (non-fat or low-fat), water or 100% juice
- Help make water accessible or available indoors, outside and at meals, upon request
- Offer healthy snack options, such as vegetables, fruits, whole grains, low-fat dairy or low-fat protein and reduce the number of empty calorie choices

### What healthcare providers can do

- Improve physician education and counseling of patients on obesity prevention
- Include screening and counseling about healthful foods and beverages as part of routine medical care.
- Offer healthy food and beverage options in cafeterias and vending machines
- Encourage staff to model healthy eating behaviors



### What schools can do

- Increase healthy food and beverage options in lunchrooms, a la carte, vending and school stores
- Reduce or eliminate foods and beverages of minimal nutritional value before, during and after the school day
- Use point-of-decision prompts to highlight healthy food and beverage alternatives
- Make water available throughout the school day
- Use the Wisconsin Model Academic Standards for Nutrition Education and expand curriculum-based strategies that support these standards

### What worksites can do

- Consider developing a policy related to offering healthy foods and beverages at meetings and conferences
- Increase water availability throughout the day
- Offer appealing, low cost healthful food and beverage options in vending machines and the cafeteria
- Reduce the amount of food and beverages of minimal or low nutritional value that are sold onsite
- Use point-of-decision prompts to highlight healthy choices



NUTRITION, PHYSICAL ACTIVITY & OBESITY PROGRAM

[www.dhs.wisconsin.gov/physical-activity](http://www.dhs.wisconsin.gov/physical-activity)

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