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# Help your child have a healthy weight



## Think 5-2-1-0

### 5 fruits and vegetables every day.

A great time to get children to eat vegetables or fruits is when they are hungry and waiting for dinner. This will also help them eat less at mealtime. Other suggestions:

- Breakfast - fruit with cereal, add veggies to eggs (spinach, broccoli)
- Snack - raw celery, carrots, cucumbers
- Lunch - veggies in a sandwich, whole fruit or raw veggies
- Dinner - 2 servings of vegetables
- It can take up to 15 tries for a child to like a new food. Keep trying!

### Limit screen time to 2 hours

The time sitting and not moving can lead to weight gain and be bad for your child's heart.

- Children should not spend more than 2 hours per day in front of a screen (TV, video games, computer, tablet, phone)
- Children under 2 should not be placed in front of screens

### 1 hour of exercise daily

Children should be active and do things that raise their heart rate for an hour every day. Exercise can be broken into 10-minute bursts.

Make it fun! Find a variety of things that your child likes to do.

- Balls of all sizes are wonderful
- Jump rope, ride a bike, or try jumping jacks or hopscotch
- Go for a brisk walk
- On a rainy day, blow up a balloon and keep it off the floor
- Pretend to be zoo animals and imitate their movements
- Put on some fun music and have them march up and down stairs while you are making dinner

### 0 (zero) sugar-sweetened drinks

- Give your child water and 1% or fat-free milk
- Stay away from drinks with added sugar like soda, lemonade, iced tea, fruit punch, or fruit drinks; the best way to avoid sugar-sweetened beverages is to not have them in the house
- Make sure juice drinks are 100% juice and limit to ½ a glass each day.
- Flavor your child's water by adding fruit such as lemon, lime, strawberry, watermelon, orange, or tangerine

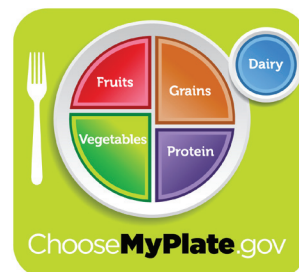
### More good ideas for your family

#### Eat meals together — make it a habit

- Model healthy eating.
- Take your time and talk to each other. Encourage your child to take 10-15 minutes to finish a meal.
- When you eat together, turn the TV off, and don't bring phones to the table.

#### Watch portion sizes

- Portion out the servings of food on everyone's plate before sitting down. You will eat less than when you put bowls of food on the table.
- Think of a healthy plate—½ of the plate with vegetables, ¼ with meat/protein, ¼ with whole-grain starch (e.g., brown rice, corn, quinoa).
- Use child-sized plates for your children and plates that are no more than 9 inches for yourself and preadolescents.



#### Get your children involved in preparing meals

- Children ages 3 and up can help with washing vegetables or tearing leaves of lettuce. Have them help with putting food on plates.
- Children ages 7 and up can begin learning to cut and peel foods.
- Children ages 10 and up can learn to prepare simple meals.
- Kids will want to eat things that they helped to prepare.

#### Limit eating outside the home (fast food or restaurant) to once a week

- Prepare meals ahead of time in the portion sizes needed for you and your child.
- Use a slow cooker to have meals ready when you get home.
- Cook for more than 1 day at a time. Freeze the extra so you can keep some leftovers for another day.



**Talk with your healthcare provider about a healthy weight for your child.**

Elizabeth Parks Prout, Division of Gastroenterology, Hepatology, and Nutrition, Children's Hospital of Philadelphia, Philadelphia, Pennsylvania, USA; Scott Kahan, Department of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, USA.

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