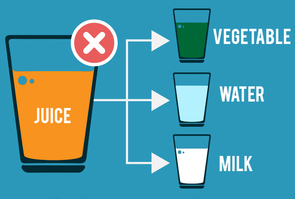
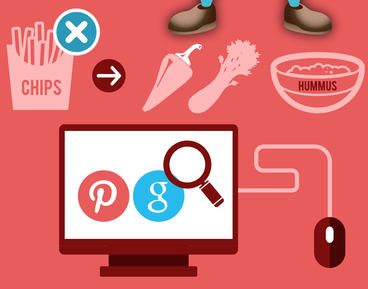
ACTION STEPS TO REDUCE YOUR CHILD'S CHANCES OF OBESITY



Reduce or even better, eliminate **sugary drinks** from their diet. Replace them with vegetable juice, milk, or water.

Experiment with different ways to make foods that you currently eat healthier. A **google** search or search on **pinterest** can give you options that may be even tastier and healthier than what you're currently consuming. Instead of **potato chips**, try peppers, celery, or other vegetables with



100% fruit juice is healthier than drinks with sugar added, as it contains nutrients, but contains sugar as well. According to the AAP, limit consumption by age:

BIRTH - 6 MONTHS

No fruit juice, unless it's used to relieve constipation.

6 - 12 MONTHS

If juice is given, limit it to 4 to 6 ounces (118 to 177 milliliters) and serve it in a cup (not a bottle) to avoid tooth decay.

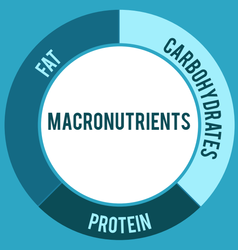
1 - 6 YEARS

Up to 6 ounces (177 milliliters) a day

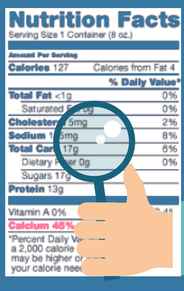
7 YEARS +

Up to 12 ounces (355 milliliters) a day

Make sure your children are eating a diet with **balanced macronutrients** (energy from fat, carbohydrates, and protein in age-appropriate proportions.)



Get in the habit of **reading labels**. It will take time, but you'll need to replace some of your current selections with healthier options. If you're looking for a new way to make a recipe, you can search for paleo options (they're always low in sugar). For example, you can google "paleo pancakes."



Avoid **artificial sweeteners.**

Don't eat out as much, and when you do, provide snacks before **dinner**.

Pack their **lunch** when they go to school (school lunch options are sometimes high in calories and low in nutrition)

Instead of **frying**, roast, grill, or saute meats and vegetables.

Breastfeeding is recommended to help prevent obesity.

Use **to-go boxes** when eating out.

Don't skip **breakfast**

Pay attention to **portions**. Give your child smaller portions, and they'll tend to eat less

Eat together as a **family**.

When eating in, serve food on a plate, and don't keep the **serving dishes** on the table, which encourage higher consumption

When **snacking**, to reduce the amount of calories ingested, don't let your kids eat straight out of the package

Keep **unhealthy snacking** foods out of sight and in harder to reach places, and healthy snacks out in the open

Enroll your child in activities that they enjoy and gets them moving: martial arts, dance, team sports, swimming, cycling etc. They should be **exercising** 60 minutes per day (it doesn't have to be all in one session)

Set a good example for your children by limiting your sedentary behavior and exercising

Have your child use a **standing desk**

Limit **T.V. and screen time** to 2 hours per day, and no t.v. time for those 2 and under

Make sure your child is moving every 20 minutes to break up **sedentary periods**

START STANDING