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 but 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).

Avoid artificial sweeteners.

Breastfeeding is recommended to help prevent obesity.

Eat together as a family.

Enroll your child in activities that they enjoy and get 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).

Limit TV and screen time to 2 hours per day (no TV for those 2 and under). Make sure your child is moving every 20 minutes to break up sedentary periods.

Have your child use a standing desk.

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

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

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

Instead of trying to count calories, focus on a healthy and nutritious diet.

Use to-go boxes when eating out.

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

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.”

With TV and screen time being a bigger part of children’s daily routine, it would be best to limit their screen time to 2 hours per day and no TV for those 2 and under. Make sure your child is moving every 20 minutes to break up sedentary periods.

Limit TV and screen time to 2 hours per day (no TV for those 2 and under). Make sure your child is moving every 20 minutes to break up sedentary periods.