



Quick Tips For A Healthy Life

Carrying excess body weight in childhood increases the risk for long term problems as an adult such as high blood pressure, high cholesterol/triglycerides, and fatty liver disease.

Carrying excess body weight is related to genetics (family members may also carry excess weight), diet (what we eat) and lifestyle (how active we are). We can't change genetics, but we CAN change diet and lifestyle. Use the tips below to help you & your child maintain/lose weight and prevent long term complications.

Healthy Habits:

- Get plenty of exercise every day (Goal: 1 hour per day)
- Turn off the TV/avoid screens while you eat and enjoy your food!

Eat Only What Your Body Needs:

- Do not skip meals, but don't overeat at meals! (Use the Hunger Scale: 1 = too hungry, 10 = too full, eat when you are a 3 and stop when you are a 6 or 7). Eat about every 3-4 hours, start eating within 1 hour of waking up, limiting eating 2 hours before bed.
- Wait at least 15-20 minutes before having seconds. Take second helpings of low-calorie foods: load up on veggies!
- Drink 1-2 cups of sugar free liquid 10 minutes before meals and snacks. Sometimes you're thirsty, not hungry!
- Eat slowly: take at least 20 minutes to complete a meal. You may need to put your fork down in between each bite if necessary to pace yourself.
- Avoid over-snacking throughout the day. Limit to 1-2 snacks each day.

Division of Responsibilities: Parents should decide what food is served at meals/snacks, when food is served, and where food is served. Kids should decide what foods to eat from the options provided and how much they want to eat. Parents/caregivers should reflect healthy eating behaviors to provide good role models for healthy eating for their children.



Healthy Food Choices:

- Choose water, Sugar-Free Kool Aid™, Crystal Lite™, unsweet tea, Gatorade Zero/G2, or diet soda. Limit or stop drinking juice, soda, Gatorade, sweet tea, or lemonade.
- Keep healthy, low calorie snacks handy so you are less tempted by high-calorie snacks. Examples: sugar-free jello, baby carrots, cherry tomatoes, pickles.
- Pay attention to portion sizes – use measuring cups or hand guides to help
- Limit fatty foods: fried foods (chips included), butter, gravy, cream sauces, oils, whipped cream, etc. Remove skin and fat from meats like chicken. Limiting servings of red meat to 1-2 times per week. Consume skim milk and low-fat dairy products.
- Half of your plate should be vegetables at lunch and dinner every day!
- Make most of your grains whole grains – 100% whole grain pasta, 100% whole grain bread, and brown rice.

Daily Food Groups and Amounts

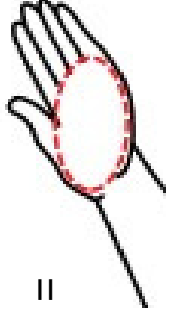
Food Groups and Number of Daily Servings	Age 12-23 months	Age 2-3 years	Age 4-8 Years	Age 9-13 years	Age 14-18 years
Milk and Milk Products Age 12-23 months: whole milk or whole milk products After age 2: low-fat or fat-free milk or milk products	2 cups/day	2 cups/day	2 cups/day	3 cups/day	3 cups/day
Meats and Other Protein Foods Includes beef, chicken, pork, poultry, fish, eggs, peanut butter, legumes, beans	1 ½ ounces/day	2 ounces/day	3-4 ounces 1 ounce =	5 ounces/day	5-6 ounces/day
Breads, Cereals, Starches Includes whole grain breads, infant and cooked cereals, rice, pasta, ready to eat cereals. (Aim for mostly whole grains)	2 ounce/day	3 ounces/day	4-5 ounces/day 1 ounce =	5 ounces/day	5-6 ounces/day
Fruits Includes one source of vitamin C daily (citrus fruits and juices, strawberries) and one source of vitamin A every other day (dark green and yellow fruits, melons)	1 cup/day	1 cup/day	1-1 ½ cups/day 1 cup =	1 ½ cups/day	1 ½ - 2 cups/day
Vegetables Includes one source of vitamin C daily (broccoli and tomatoes) and one source of Vitamin A every other day (spinach, sweet potatoes, corn, squash)	¾ cup/day	1 cup/day	1 ½ cups/day 1 cup =	1 ½ cups/day	1 ½ - 2 cups/day
Fats and Oils Includes margarine, butter, oils (oils are also found naturally in some other foods like nut butters and avocados)	Do not limit	3 teaspoons/day	4 teaspoons/day 1 teaspoon =	5 teaspoons/day	5-6 teaspoons/day
Others Desserts, sweets, soft drinks, candy, jams, jelly	Limit to small amounts				



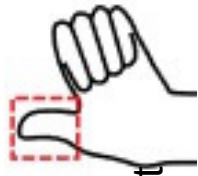
1 fist = 1 cup



Small handful =
1/2 cup



Palm of
hand/deck of
cards = 3oz meat



Thumb = 1 Tbsp
Fingernail = 1
tsp