

7. How many **times a day** does your child have any of these **drinks with sugar**?

- ~ Regular soda
- ~ Sports drinks
- ~ Juice drinks
- ~ 100% fruit juice
- ~ Juice boxes
- ~ Flavored milk
- ~ Lemonade
- ~ Kool-Aid

◦ 0   ◦ 1   ◦ 2   ◦ 3   ◦ 4   ◦ 5+

- **Limit drinks with sugar. They can cause weight problems.**
- Offer whole fruit in place of 100% juice.
- Kids need non fat or low fat milk each day. Milk helps build healthy bones.
- Kids need water for good health.



**Make small, easy changes over time**

- Offer chicken, fish, turkey, beans and lentils more often than red meats.
- Offer non fat and low fat dairy foods each day.
- Steam, boil, bake or broil foods instead of frying them.
- Offer whole grain breads, cereals, pasta, tortillas and rice.
- Offer healthy snacks such as fruit, plain popcorn, unsalted nuts and raw vegetables.
- Limit sweet breads, desserts, and candy.
- Limit high fat foods such as hot dogs, bacon, beef, pork and lunch meats.
- Limit fast food. Choose fruit or vegetables in place of french fries more often.
- **Don't supersize. A child's stomach is about the size of his/her fist.**

**Be a good role model**

- Eat fruits and vegetables every day.
- Choose drinks without sugar more often.
- Do something active on most days.
- Create family habits around smart eating and activity.
- Focus on having a healthy lifestyle and not on weight.

Teach your child early in life to choose healthy food and be active. It will help them to keep a healthy weight as they grow older.



For copies of healthy recipes, please contact Health Education.

# Kids and Healthy Weight

A Family Approach



Your Extended Family.

To get this information in other languages and accessible formats, please contact Member Services.



## Kids and Healthy Weight: A Family Approach

All parents want the best for their kids. They want their kids to grow up healthy. Overweight kids are not as healthy as they can be. The number of kids that are overweight has gone up in the last 20 years. This is mostly due to lack of activity and the types of food kids eat.

**Extra weight gain can hurt kids' health. It can also cause emotional problems. Some problems include:**

- Getting adult health problems such as: diabetes, high cholesterol, high blood pressure, and breathing problems.
- Having low self esteem and depression.
- Being teased or bullied.

As a parent, you have more control than you might think. You can make a big impact in what your kids do. Here are lots of ideas that can help you and your family. Take action to prevent extra weight gain.



**1.** Does your child have a **well-check exam every year?**

~ Yes ~ No

This annual exam includes a screening test. It is called a Body Mass Index (BMI). It can help doctors pick out kids who are overweight or is at risk.

**2.** How many **days a week** does your child play hard for **at least 60 minutes?**

~ 0 ~ 1 ~ 2 ~ 3 ~ 4 ~ 5+

**Kids should play hard for at least 60 minutes every day.**

When kids run and play it does more than help control their weight. It can:

- Make their bones and heart muscles strong.
- Help them feel good about themselves. This is more true for kids that are overweight.
- Help prevent health problems.

Here are some things you can do with your child:

- Go for family walks
- Play soccer or tennis
- Dance
- Jump rope
- Swim
- Ride a bike
- Play at the park

You do not have to do 60 minutes at one time. Short bursts of playing hard a few times a day is just as good.

**Have a contest with your kids. See who can get in the most sit ups, jumping jacks or push-ups during TV ads. In one hour of TV watching, you can all get in 20 minutes of activity.**

**3.** How many **hours a day** does your child sit **in front of a screen?** (watch TV, play computer or video games)

~ 0 ~ 1 ~ 2 ~ 3 ~ 4 ~ 5+

- **Limit screen time to less than 2 hours a day.**
- Kids who have less screen time are likely to be more active.
- Fast food ads on kids TV shows may make them ask for unhealthy foods.



**4.** How many **times a week** does your **family eat together** at the table?

~ 0 ~ 1 ~ 2 ~ 3 ~ 4 ~ 5+

- **Eat meals together as a family as often as possible.**
- Have the kids help with some cooking. They can also help set the table and clean up.
- You decide which foods to serve. You should also decide when and where to serve the meals.

Let the kids decide how much to eat or whether or not to eat. Kids balance the food they eat over a few days and not meal by meal

**Picky eating and food sprees are common in kids. This is because they go in and out of growth spurts.**

**Kids know when they are full. Allow them to listen to those signals.**



**5.** Does your child **eat breakfast every day?**

~ Yes ~ No

- **All kids need a healthy breakfast each day.** Some good choices include yogurt, fruit, low sugar cereals, non fat milk, string cheese or toast.
- Kids do better in school when they have had a healthy breakfast.

**6.** How many servings of **fruits and vegetables** does your child eat **per day?**

~ 0 ~ 1 ~ 2 ~ 3 ~ 4 ~ 5+

- **Kids need five servings of fruits and vegetables each day.**
- Offer many bright colored fruits and vegetables each day.
- Offer your family more vegetables for dinner.
- Put cooked vegetables into pasta and rice dishes.
- Puree cooked vegetables and mix into sauces.