



Taking Down Childhood Obesity

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Eat 5 or More Fruits and Vegetables Daily

Especially Fresh or Frozen

- Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They also contain vitamins, minerals and fiber, which benefit your health.
- Emerging science suggests that consuming fruits and veggies may help prevent weight gain.
- Go SLOW on vegetables containing sauces and added fat.
- Fried potatoes, like French fries or hash browns, and other fried vegetables should be limited.
- Use moderate amounts of good fats like olive oil, avocados and nuts.
- Try buying locally grown fruits and vegetables at a farmer's market; they are higher in nutrient content and taste better.

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Cut Daily Screen Time to 2 Hours or Less

The American Academy of Pediatrics recommends that children have less than two hours a day of screen time and keeping the TV out of the bedroom

- To maintain a healthy weight, being physically active is just as important as eating right. Avoid too much screen time with TV, video and computer games; homework is a different story!
- People often eat while sitting in front of a screen: little energy OUT to burn off all that energy IN
- Advertisers spend billions marketing to children foods and drinks with added sugar-another good reason to limit their screen time.

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Participate in 1 hr. of Moderate Physical Activity Daily

And 20 Minutes of Vigorous Activity at Least 3 Times a Week

- Moderate physical activity includes hiking and dancing, while vigorous activity includes running, aerobics and basketball.
- Regular physical activity is essential for weight maintenance and prevention of diseases such as heart disease, diabetes, colon cancer and osteoporosis.
- Physical activity is the needed energy OUT that burns calories. It also helps you feel energetic and builds strength and endurance.
- Physical activity helps relieve stress and improves mental health.
- Parents are role models-be active and be ready to play anytime.

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Restrict Soda, Sweetened Sports and Fruit Drinks

Instead, Drink Water and 3-4 Servings a Day of Skim or 1% Milk. A Serving of Milk is 1 Cup.

- The consumption of sugar-sweetened beverages has increased dramatically over the past 20 years; high intake among children is associated with overweight and obesity. Many children and teenagers, especially girls, don't get enough calcium, which is vital for strong bones and teeth and many body functions. Giving your children skim or low-fat milk instead of a sweetened beverage can give their bodies a boost.
- The empty calories of soft drinks contribute to overweight and obesity; such weight gain is a prime risk factor for type 2 diabetes, which is now becoming a problem for teenagers for the first time.