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## Nutrition Guidelines

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- ① Set a daily meal schedule (3 balanced meals and 2 healthy snacks).
  - ◇ Eat breakfast EVERYDAY.
  - ◇ Serve fruits and/or vegetables at every meal. (Aim to eat 5 servings of fruits and vegetables a day.)
  - ◇ Increase the number and variety of vegetables eaten.
    - To get children to eat more vegetables, serve more than one vegetable at a time and serve vegetables more than once, both for meals and snacks.
    - Repeated exposure to ANY new food is needed for children to accept them. Parents should continue offering a given vegetable, even if the child has an initial negative response.
  - ◇ Keep only healthy snacks in the house. Avoid keeping junk food in the house.
  - ◇ Offer snacks of fruits and vegetables.
  - ◇ Avoid snacking directly out of a bag — it is difficult to monitor portion size.
- ② Limit fast-food consumption (no supersizing fast food or drinks).
- ③ Set limits on food choices. Parents should offer a choice of healthy food options and allow the child to choose among them.
- ④ Turn off the television while eating meals or snacks.
- ⑤ Limit consumption of juice and sweetened beverages such as sports drinks and soft drinks.
  - ◇ Do not introduce juice to a child's diet before age 6 months.
  - ◇ Children 1 to 6 years old should limit pure, 100% juice to 4-6 oz per day.
  - ◇ Children older than 6 years should limit juice consumption to 12 oz per day.
  - ◇ Do not offer children sugar-sweetened fruit drinks.
- ⑥ Increase consumption of low-fat milk and dairy products.
  - ◇ Children 1 to 2 years old should transition from formula or breast milk to whole milk.
  - ◇ Children older than 2 years should transition to low-fat, 1%, or skim milk.
- ⑦ Children should not be rewarded for cleaning their plates.
- ⑧ Increase consumption of water for thirst.
- ⑨ Use items other than high-fat food or candy to reward good behavior.
  - ◇ Substitute verbal praise, a fun activity, or stickers.
- ⑩ Parents and other family members should display the above dietary habits for the child.

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## Nutrition Guidelines (continued)

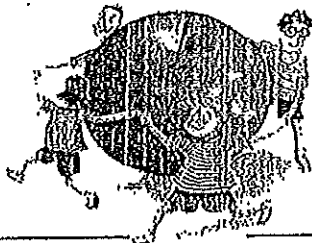
• Choose proper serving size.

- ◊ Young children and inactive girls should choose the lower number of servings from each food group. Most active school-age children and teen girls, as well as inactive teen boys, should choose the middle number of servings. Active teen boys and some very active teen girls should choose the higher number of servings from each food group.

Bread, cereal, rice, pasta, and starchy vegetable group: <b>6-11 servings per day</b>	1 slice whole-wheat bread 1/2 cup cooked whole-grain cereal, brown rice, or whole-wheat pasta 1/2 cup starchy vegetables (corn, peas, or potato) 1 oz whole grain cereal
Fruit group: <b>2-4 servings per day</b>	1 small piece of fruit or 1/2 banana 1 cup fresh fruit such as melon or berries 1/2 cup canned fruit 4 oz juice 2 Tbsp dried fruit
Vegetable group: <b>3-5 servings per day</b>	1/2 cup cooked vegetables or vegetable juice 1 cup raw vegetables
Milk, yogurt, and cheese group: <b>2-4 servings per day</b>	1 cup skim or 1% milk 1 cup fat-free or low-fat yogurt 1 oz fat-free or reduced-fat cheese
Meat, poultry, fish, dry beans, eggs, and nuts group: <b>2-3 servings per day</b>	2-3 oz skinless chicken, turkey, or fish 1/2 cup beans or tofu 1/4 cup nuts (children >5 years) or 2 Tbsp nut butter 1/2 cup egg whites or egg substitute
Fats, oils, and sweets group: <b>Use a small amount</b>	1 tsp butter, margarine, mayonnaise, oil, or sugar 1 Tbsp salad dressing

**Sources:**

Dennison BA, Boyer PS. Risk evaluation in pediatric practice: aids in prevention of childhood overweight. *Pediatr Ann.* 2004;33:25-30.  
 Ariza AJ, Greenberg RS, Unger R. Childhood overweight: management approaches in young children. *Pediatr Annals.* 2004;33:33-38.  
*Preventing Childhood Obesity Self-Help Materials.* Houston, Texas: Texas Children's Hospital; 2003:8,11.



## Low-Fat, Low-Sugar Nutrition Guidelines

Food Group	Foods to Choose More Often	Foods to Limit
Breads, cereals, starches, and starchy vegetables	Barley, bulgur, buckwheat (kasha); whole-grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole-wheat pasta, whole-wheat couscous; unflavored oatmeal; winter squash, sweet potatoes, corn; corn tortillas	Biscuits; store-bought muffins, croissants, sweet rolls, Danish, and donuts; sugar-coated cereals; crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed, or scalloped potatoes
Vegetables	Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoll, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini	Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables
Fruits	Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, strawberries	Canned fruit, fruit juices, dried fruit, fried fruits

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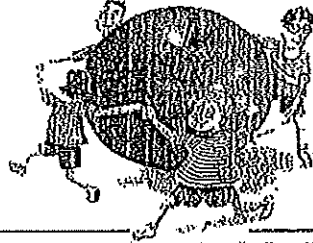
### Low-Fat, Low-Sugar Nutrition Guidelines (continued)

Food Group	Foods to Choose More Often	Foods to Limit
Meat, poultry, fish, dried beans, and eggs	Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, tofu	Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs
Milk, yogurt, and cheese	Skim and 1% milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or non-nutritive sweetener; fat-free or low-fat cheese and cottage cheese	2% and whole milk, 1% and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese, cottage cheese
Fats	Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts	Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese; saturated fats such as coconut, palm, and palm kernel oils; shortening or lard; sour cream
Sweets	Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles	Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks
Beverages	Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee	Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, flavored coffee beverages
Miscellaneous	Catsup, mustard, pickles, salsa, spices, lemon juice	
Snacks (in very limited amounts)	Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies	Chips, buttered popcorn; store-bought cakes, cookies, and pies; chocolate, sherbet, ice cream, pudding

## Low-Fat, Low-Sugar Nutrition Guidelines (continued)

Sample Menu - All meals are prepared without added fat.

Breakfast	Breakfast	Breakfast
<p>2 slices whole-grain bread or frozen waffles 2 teaspoons almond butter 1 cup skim milk or yogurt 1 small banana</p>	<p>Breakfast taco (small whole-wheat flour tortilla, 1/2 cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa) 1 small orange</p>	<p>1 cup old-fashioned oatmeal 1 cup skim milk 1 small pear</p>
Lunch	Lunch	Lunch
<p>Turkey sandwich (2 ounces turkey breast on a whole-grain bread or roll) 1 cup green grapes 1 cup baby carrots, jicama, and bell pepper strips 2 tablespoons fat-free ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Bottled water or diet soda</p>	<p>2 ounces water-packed tuna mixed with 1 tablespoon light mayonnaise, chopped celery 10 whole-grain crackers 1 small apple 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda</p>	<p>Peanut butter sandwich on whole-wheat bread Apple 1 cup carrot and celery sticks 2 tablespoons light ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda</p>
Dinner	Dinner	Dinner
<p>3-4 ounces grilled salmon 2/3 cup steamed/boiled brown rice 2 cups mixed salad greens 1 tablespoon balsamic vinegar with 2 teaspoons olive oil 1/2 cup steamed green beans Water with lemon</p>	<p>1 cup vegetable soup (carrots, celery, onions, tomato) 2-3 ounces grilled chicken breast (skinless) 1/2 cup black beans 1/2 cup steamed/boiled brown rice 2 corn tortillas 1 cup lettuce and tomato salad with 1/8 avocado slice Water or unsweetened iced tea</p>	<p>3-4 ounces baked barbeque chicken breast (skinless) 1/2 cup mashed sweet potato 1/2 cup steamed cabbage 1/2 cup steamed turnip greens 1 small whole-grain roll with 1 tablespoon light margarine Water or unsweetened iced tea</p>
Snack	Snack	Snack
<p>Fruit smoothie (1 cup skim milk, 1 cup frozen fruit such as peaches or mixed berries) 3 cups low-fat popcorn 1 ounce peanuts (children &gt;6 years)</p>	<p>1/2 mango 1 cup fat-free, reduced-calorie yogurt with 1 ounce almond slivers</p>	<p>6 cups low-fat popcorn Diet soda or sugar-free Kool-Aid</p>




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## Lifestyle Guidelines

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- ④ Limit time devoted to media use (including television/videos/video games/computer use) to no more than 1-2 hours per day.
  - ◇ Try not to use the remote control while watching television.
  - ◇ Get up and move around during television commercials.
- ④ Discourage children younger than 2 years from watching television.
- ④ No TV/VCRs/or video games in children's bedrooms.
  - ◇ This is associated with an increased risk of being overweight.
- ④ Encourage play time.
  - ◇ Toddlers and preschoolers should participate in at least 30 to 60 minutes per day of structured play.
  - ◇ At least 60 minutes per day should be dedicated to unstructured physical activity.
  - ◇ Children should not lie down for more than 60 minutes at a time except when sleeping.
- ④ Make physical activity a part of your daily routine.
  - ◇ Walk or ride a bike to school.
  - ◇ Play outdoors, in the gym, or on the playground 30 minutes before homework every day.
  - ◇ Walk with friends instead of talking to them on the phone.
- ④ Get 1 hour of exercise during the day.
  - ◇ Both children and adults should be active for 1 hour every day. This exercise can occur throughout the day.
  - ◇ Purchase a pedometer and aim to walk 10,000 steps a day.
- ④ Consider participating in organized sports or physical activities.
  - ◇ Get involved in team sports or marching band at school.
  - ◇ Take classes in activities you enjoy such as dance, martial arts, swimming, or tennis, or buy an aerobics tape and exercise at home.
- ④ Encourage your family to exercise together. Parents can be role models!
  - ◇ Take walks together.
  - ◇ Go on a family bike ride.
  - ◇ Plan trips to the zoo, museum, or library; or plan house or yard projects.
- ④ Variety in exercise helps to avoid boredom.
  - ◇ Take into account different times of day and weather conditions.

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### Sources:

Dennison BA, Boyer FS. Risk evaluation in pediatric practice: aids in prevention of childhood overweight. *Pediatr Ann.* 2004;33:25-30.

Kleinman RE. *Pediatric Nutrition Handbook.* Elk Grove Village, Ill: American Academy of Pediatrics; 2004:576-579.

Epstein LH, Valoski AM, Vara LS, et al. Effects of decreasing sedentary behavior and increasing activity on weight change in obese children. *Health Psychology.* 1995;14:109-115.



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## Behavior Guidelines

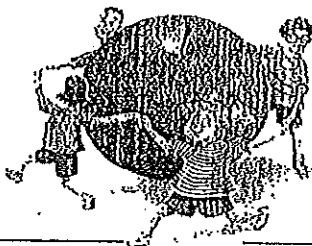
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- ④ **Eat slowly.**
  - ◇ It takes 20 minutes for your stomach to tell your brain that it is full. Eating too fast usually will lead you to eat too much.
  - ◇ Make meal times a family event without TV. This will prompt discussion and likely slow eating.
  - ◇ Put your fork down between bites.
  - ◇ Try to serve plates in the kitchen and avoid self-serve.
- ④ **Keep a food journal.**
  - ◇ Every time you eat, snack, or drink write it down in your journal.
  - ◇ After a week, review your journal to identify events that lead to overeating.
  - ◇ Make efforts to change eating habits after reviewing your journal.
- ④ **Exercise.**
  - ◇ Consider keeping an exercise log to keep track of daily exercise.
  - ◇ Try to be active for 1 hour every day.
- ④ **Set realistic goals.**
  - ◇ If weight loss is recommended by your doctor, set small weekly goals (1/2 to 2 lbs). Ask friends and family to help support you.
- ④ **Stay positive.**
  - ◇ Praise yourself or your child for even the smallest positive change in eating and/or exercise habits.
  - ◇ Make it a two-way street. Have your children "reward" you for positive changes that you make.
  - ◇ Never shame your child about eating, activity, or weight.
  - ◇ Help your child replace negative thinking ("I can't") with positive thinking ("I can do this").

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**Source:**

Behavior modification. In: *Preventing Childhood Obesity Self-Help Materials*. Houston, Texas: Texas Children's Hospital; 2003.



## Nutrition Quiz

1. A calorie is a unit of \_\_\_\_\_.
  - a. fat
  - b. sugar
  - c. carbohydrate
  - d. energy
  - e. I don't know
2. An average person requires a total of \_\_\_\_\_ calories a day.
  - a. 1000
  - b. 1500
  - c. 2000
  - d. 2500
  - e. I don't know
3. A pound of fat is equal to \_\_\_\_\_ extra calories.
  - a. 1500
  - b. 2000
  - c. 3500
  - d. 5000
  - e. I don't know
4. A 20-ounce regular soda has HOW MANY servings?
  - a. Two and one half
  - b. Two
  - c. One and a half
  - d. One
  - e. I don't know
5. How many calories are in a McDonald's Big Mac hamburger?
  - a. 230
  - b. 340
  - c. 420
  - d. 590
  - e. I don't know
6. True or False (circle one)  
12 ounces of regular Sprite has the same calories as 12 ounces of regular Dr. Pepper.
  - a. 4
  - b. 7
  - c. 9
  - d. 12
  - e. I don't know
7. One gram of fat contains how many calories?
  - a. 4
  - b. 7
  - c. 9
  - d. 12
  - e. I don't know
8. A serving of juice is:
  - a. 4 ounces
  - b. 8 ounces
  - c. 12 ounces
  - d. 16 ounces
  - e. I don't know
9. The average person (child or adult) should try to take how many steps in a normal day?
  - a. 2000
  - b. 5000
  - c. 10,000
  - d. 15,000
  - e. I don't know
10. Which of the following is the best fat-burning activity?
  - a. swimming
  - b. running
  - c. walking briskly
  - d. weight lifting
  - e. I don't know
11. The average child spends \_\_\_\_\_ hours per day listening to music, watching TV, and playing video games, even though he or she should limit these activities to 2 hours per day.
  - a. 4 hours
  - b. 6 hours
  - c. 8 hours
  - d. 10 hours
  - e. I don't know

Answers: 1. d 2. c 3. c 4. a 5. d 6. false 7. c 8. a 9. c 10. c 11. a