



Healthy Guidelines for Weight Management

Your child has been identified as being overweight or at risk for becoming overweight. Weighing too much increases the risk that children will suffer complications from diseases such as high blood pressure, heart disease, diabetes, cancer, and sleep apnea.

It is important to work together as a family to help your child achieve a healthy weight. As the parent or guardian, you must model healthy eating and physical activity habits.

These are just a few tips to get your family on the right track. The whole family will need to practice eating healthier and being more active. Think of these changes as "being healthy", instead of "dieting":

- Eat regular meals (breakfast, lunch, dinner).
- Eat smaller portions, especially of high fat foods.
- Eat more fruits and vegetables (fresh, frozen, canned in natural juice).
- Drink more water or sugar-free beverages.
 - Avoid regular soda and other sugar-sweetened beverages (Kool-Aid, Gatorade, juice, punch, and sweet tea).
 - Limit juice intake to 4-6 ounces per day.



- Read the food label. It is important to be aware of the amount of calories each food provides per serving. Your child's energy needs depend on his/her body size, age, and activity level. For a "ball park" figure, use this table to estimate your child's energy needs. Keep in mind that these recommendations are for children who are less active. If your child is active, they will need more calories each day.

Age (years)	Calories*	Carbohydrate (grams)	Protein (grams)	Fat (grams)
1-3	1000-1200	138-180	25-45	33-40
4-8	1200-1400	125-210	45-105	40-47
9-13	1600-1800	160-270	60-135	53-60
14-18 girls	1800-2000	180-275	67-150	60-67
14-18 boys	2200-2400	220-330	83-180	73-81

*Energy needs based on IOM Estimated Caloric Requirements for Sedentary to minimum Moderately Active Activity Level. Macronutrient range distribution is as follows for >3y: Carbohydrate (40-60%), protein (15-30%), and fat (30%).

Nutrition Facts
Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving	Calories from Fat 30	% Daily Value*
Calories 90		
Total Fat 3g		5%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 300mg		13%
Total Carbohydrate 13g		4%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 3g		
Vitamin A 80%	Vitamin C 60%	
Calcium 4%	Iron 4%	



Healthy Guidelines for Weight Management

- Choose lean meats, poultry, and fish such as:
 - Chicken or turkey **without** the **skin**
 - Lean cuts of beef (ground round, flank steak, sirloin, tenderloin)
 - Lean pork trimmed of visible fat (tenderloin, center loin)
 - Any fish that is not breaded or fried (broiled, baked, and grilled are healthy choices)
 - Low-fat deli meat (less than 3 grams of fat per serving)
- Choose low-fat dairy products.
 - Switch from whole milk to 2% and eventually 1% or skim milk.
 - Eat lower-fat cheeses: cottage cheese, string cheese, fat-free cheese slices, ricotta, and feta.
 - Eat low-fat or fat-free ("light") yogurt.
- Avoid high-fat and high-sugar snack foods.
 - Beware of foods that are fat-free or sugar-free. They may still have a lot of calories, and it's tough to control portions.
 - Be creative with your snacks! A healthy snack includes smaller portions from 2 different food groups.
- Instead of frying foods, try baking, grilling, boiling, or broiling.
 - Use non-stick pans or cooking spray (ex: Pam) instead of oil.
- Move more and sit less!
 - Do not watch more than 2 hours of TV each day.
 - Make an effort to be active as a family.
 - Encourage your child to play at least 60 minutes **every day**.



For an individual nutrition evaluation, make an appointment with a registered dietitian. The dietitian will work with your child to develop personal goals to achieve a healthy weight. It is important for parents or guardians to attend these meetings for support and understanding of the issue. Your pediatrician will be able to provide you with the referral information you will need to schedule an appointment.