



HEALTHY WEIGHT FOR KIDS



Why is weight so important?

Maintaining a healthy weight during childhood ensures healthy weight later in life and prevents diet related disease!

Effects of Childhood Obesity

- Diabetes
- Cancer
- Asthma
- Bullying
- Depression
- Low self-esteem
- Obesity in adulthood
- Bone and joint problems

Help Your Child Maintain a Healthy Weight!

- Offer a balanced plate
- Limit added sugars in diet
- Offer appropriate portions
- Practice intuitive eating with your child
- Keep your child active- at least 1 hour/day!

What is something you do as a family to be healthy?



Turn the page for more tips!



What does a balanced diet look like?

- Half of the plate is fruits and vegetables
- Try and make half your grains whole
 - whole wheat bread, brown rice, oatmeal, bulgur, quinoa.
- Offer low-fat dairy products
- Offer variety of protein sources
 - Meat, peanut butter, eggs, tofu
- Limit sodium, saturated fat, & added sugars



Star the recommendations you would like to try with your child.



Keep Your Child Active!

- Aim for at least 1 hour of active play each day
- Exercise helps develop muscles and strong bones
- Active and imaginative play helps the mind develop and allows children to be creative
- Active play develops skills and self confidence



Serving Sizes For Kids Using Their Hand...

Protein= 1 palm
Veggies= 1 fist
Carbs= 1 cupped hand
Fats= 1 thumb



Check a goal you want to make for your child. ✓

- Offer a variety of healthy foods daily.
- Allow my child 60 min/day of exercise.
- Limit added sugars in my child's diet.
- Offer appropriate portion sizes to my child.