

Weight Management Tips for Kids and Teens



- ✦ **Be a role model** - Kids mimic what their parents do. If you maintain healthy eating habits your kids will too.
- ✦ **Offer your child a variety of foods** - make sure to include all five food groups throughout the day.
- ✦ **Serve child size portions.** Kids' stomachs are much smaller than adults. By simply reducing portion sizes of food items you will be able to achieve weight loss. Try using smaller plates at meal times to help reduce portion sizes.
- ✦ **Offer healthy food choices.** Serve fresh fruits and vegetables at snacks and as fillers during meals. Don't keep tempting foods in the house (chips, candy, snack cakes, etc.). Remember out of sight, out of mind. Also limit the intake of high fat food items and empty calories.
- ✦ **Eat slower.** Cut food into bite-sized portions and put your fork down between bites. Wait 15 minutes before serving seconds, it takes that long for food to reach the stomach and send a message to the brain that you are full. Offer healthy foods for seconds (fruits, vegetables, etc.).
- ✦ **Avoid using food as a reward or punishment.** This encourages unhealthy eating habits.
- ✦ **Eat only when you are hungry and stop when you are satisfied.** It is okay for your child to leave food on the plate. Allow your child to listen to their body's hunger cues.
- ✦ **Use 1% or skim milk instead of 2% or whole milk.** Try limiting intake of chocolate or strawberry milk at home and school. Instead try using No Sugar Added Nestle Quik® chocolate powder.
- ✦ **Drink low-calorie beverages.** Replace juice, sweetened tea, regular pop, sweetened Kool-Aid®, Gatorade®, etc., with sugar-free beverages. For example, try serving Crystal Light®, diet soda, flavored water, Propel®, tea sweetened with an artificial sweetener, Kool-Aid Jammers 10®, Minute Maid Just 10®, sugar-free Kool-Aid®, or water (drinks with less than 10 calories per serving).
- ✦ **Limit snack to 100-200 calories.** Eat healthy snacks such as fruits and vegetables, light or fat-free popcorn, light yogurt, and pretzels.
- ✦ **Help your child receive at least 5 fruits and vegetables a day.** These are great fillers at meals and snacks and are great sources of fiber. They are low-calorie and even fat-free. You may even use low-fat or fat-free dips if desired.
- ✦ **When eating only eat.** Avoid distractions such as TV, video games, computer, doing homework, talking on the phone. Make meal times enjoyable.
- ✦ **Use low-fat cooking methods.**

Getting a Helping Hand on Serving Sizes



1 cup of food is about the size of your fist. This is the standard portion size for most entrees.



1 Teaspoon of butter or peanut butter is about the size of the tip of your thumb.



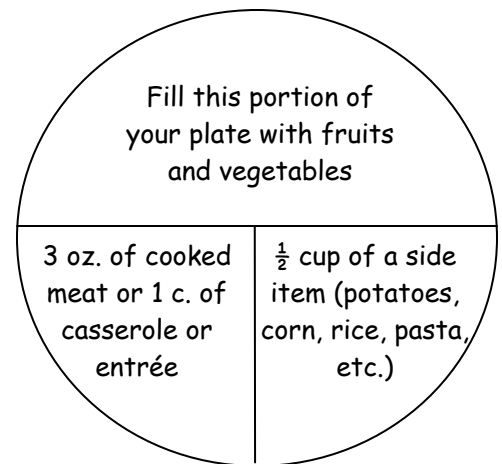
1 ounce of nuts or chips equals one handful.



3 ounces of meat is about the size and thickness of your palm. This is the standard portion size for most cooked meats.

The New American Plate

Plate size can be a big factor in weight loss. The size of plate usually determines how much food will be eaten. To the right you will find a picture of what your plate should look like. The size of the plate is the biggest factor. It is recommended to use smaller plates at meal times if you are trying to lose weight. The best size of plate to use at meals is no more than an 8 inch plate.



How often is exercise recommended?

Exercise guidelines vary among organizations. The Surgeon General recently reported that all Americans should strive for a goal of 60 minutes of daily exercise/physical activity. There are many different ways to achieve your daily exercise/physical activity goals. It is important that these activities are intense enough to cause you to "break a sweat". Remember 60 minutes daily is the goal, however, if you are just beginning an exercise program it is recommended to start slowly and gradually increase time and intensity of the workout. Within 6 weeks you should achieve your goal of 60 minutes per day of exercise or physical activity. Limit TV viewing/video games/computer to 1-2 hours per day.

Examples of exercise/physical activity

Walking/Hiking
Swimming
Jump roping
Rollerblading
Shoveling snow

Running
Dancing
Raking leaves
Mowing the yard
Playing sports

Bike riding
Playing at the playground
Ice-skating
Gardening
Vacuum, sweep floors



Riley Hospital for Children
Indiana University Health