

## AVELLA EAGLE HEALTH

### WEIGHT MANAGEMENT FOR CHILDREN

Overweight is defined as having a BMI in the 85<sup>th</sup> percentile to less than the 95<sup>th</sup> percentile.

Obesity is defined as having a BMI in the 95<sup>th</sup> percentile or above.

#### Risk Factors of Being Overweight or Obese:

- Cardiovascular disease
- Type 2 diabetes
- Bone and joint problems
- Sleep Apnea
- Social and psychological issues

Diets don't work!

No foods should be called "good" or "bad."

#### Focus on the "Healthy Plate" concept.

- Make half your plate fruit and veggies (may have extra fruit and veggies if still hungry)

- Add a lean protein about the size of the palm of your hand (1/4 of plate)
- Include whole grains about the size of your fist (1/4 of your plate)
- Choose a low-fat dairy product

### Tips:

- Try using smaller dishes/glasses
- Don't eat while watching TV or playing on the computer
- Take your time and eat more slowly
- Decrease dining out/take out to 1 time per week
- Pre-portion snacks into small snack-size bags
- Stop eating when you are no longer hungry
- Pay attention to serving sizes on nutrition labels

### Physical Activity

- 60 minutes per day
- Start with small, achievable goals
- Make it fun and involve family members

