



Healthy habits for a healthy weight

The number of overweight children in the U.S. continues to rise. Obese children are more likely to become overweight adults. As a result of being overweight, children have a greater risk for developing health problems that will impact their lives.

Weight loss is not recommended for children. The key is establishing healthy habits for the entire family.

Help children develop healthy eating habits

- Encourage healthy eating habits for the entire family
- Provide plenty of fruits, vegetables and whole-grain foods
- Use low-fat or nonfat dairy products, like milk, cheese and yogurt
- Choose lean meats, poultry, fish, lentils and beans for protein
- Serve portions that are reasonably sized
- Eat less sugar and saturated fat

Rethink your drink

- Limit sugar-sweetened drinks
- Drink more water

Make it family time

- Eat meals together as often as possible
 - Eating more meals as a family can make a big difference in your family's health, happiness and finances
- Involve children in meal planning and grocery shopping
- Turn off the TV during meals
- Eat most meals at home
- Limit fast-food and eating out
- Enjoy tasty fruit and vegetable snacks together



Help children stay active

- Encourage children to be more active
- Children should be physically active at least 60 minutes every day or most days
- Move more
 - Walk, dance, swim, bike, jump rope or roller blade — it all counts
- Take the TV or computer out of children's bedrooms
- Limit screen time to no more than two hours per day
- Plan active family time or outings
- Play with your kids — it's fun for everyone
- Add physical activity to your daily routine and encourage your children to join you

Be a positive role model

- Children can't change eating and exercise habits alone
- Model healthy eating and physical activity
- Make gradual changes
- Make family time an active time
- Eat slowly and only when hungry

Create a healthy environment

- Provide healthy snack choices
- Be active and have fun with your family



- Use low-fat recipes and cooking methods
- Provide a safe environment for children to play
- Support and promote physical activity in your school

