



# Changing Behaviors to Improve Your Child’s Health

Adopting the following behaviors will improve your child’s health, stabilize weight and reduce the risks of obesity:

- ✓ Limit consumption of sugar sweetened beverages like juice and soda
- ✓ Limit TV and screen time. No TV or screen time before 2 years of age and up to a maximum of 2 hours a day thereafter. Make sure there are no TVs or screens in children’s bedrooms.
- ✓ Eat breakfast every day.
- ✓ Limit eating out, especially at fast food restaurants. If you do eat out, choose the healthiest food on the menu such as fruits and vegetables and avoid all fried foods.
- ✓ Encourage family meals in which parents and children eat together. Meal time can be fun!
- ✓ Eat a high calcium diet. Calcium is found in many dairy products such as milk and cheese.
- ✓ Make sure your child gets at least an hour of physical activity daily.
- ✓ Choose lower calorie foods over ‘energy dense’ foods (meaning a lot of calories in only a little food, like a brownie).
- ✓ Limit portion size and make sure your child eats 9 servings of fruits and vegetables every day.

What’s in a serving?

### The Vegetable Group

- 1 cup green salad ..... is a fist or a tennis ball
- 1 baked potato ..... is a fist or a tennis ball
- ½ cup tomato juice ..... is a small Styrofoam cup
- ½ cup cooked broccoli ..... is a scoop of ice cream or a light bulb
- ½ cup serving ..... is 6 asparagus spears/7 or 8 baby carrots/1 ear of corn

### The Fruit Group

- ½ cup of grapes (15 grapes) ..... is a light bulb
- ½ cup of fresh fruit ..... is 7 cotton balls
- 1 medium size fruit ..... is a fist or a tennis ball
- 1 cup of cut-up fruit ..... is a fist or a tennis ball
- ½ cup raisins ..... is a large egg or a golf ball

As a partner in your child’s care, we have resources and self-management tools available to you online. You may access them online by either method below.

#### Website

<http://bcdhealth.com/obesity.html>

#### By QR Code

(if you have a code reader on your device)

