

## Some ways to help with your child's weight:

	Yes	No	Ideas
<b><u>Foods:</u></b>			
• "Parents provide and children decide"	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Eat a healthy breakfast (cereal, oatmeal, toast)	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Only eat at the kitchen table when at home	<input type="checkbox"/>	<input type="checkbox"/>	_____
• No more than 8 ounces of juice a day	<input type="checkbox"/>	<input type="checkbox"/>	_____
• <u>NO sodas, candies, tastycakes, or chips</u>	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Drink 4-6 glasses of water instead of soda or juices	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Drink 1% or Fat free milk	<input type="checkbox"/>	<input type="checkbox"/>	_____
• DON'T use butter/cream sauces	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Bake, roast, grill instead of frying	<input type="checkbox"/>	<input type="checkbox"/>	_____
• DON'T serve seconds of main course, serve smaller sized meals	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Eat meals together as a family as much as possible	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Have children eat slowly (take sips of water between bites)	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Only keep healthy snacks in your home	<input type="checkbox"/>	<input type="checkbox"/>	_____
• For snacks try raisins, fruits, popcorn, carrots, pretzels (not chips)	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Have vegetable, pasta as main dish with meats as smaller side dish	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Involve your children in planning meals and food shopping	<input type="checkbox"/>	<input type="checkbox"/>	_____
• AVOID fast food restaurants (no more than twice a month)	<input type="checkbox"/>	<input type="checkbox"/>	_____
• DON'T "Supersize"	<input type="checkbox"/>	<input type="checkbox"/>	_____
• ALWAYS read nutrition labels on all foods that you eat	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b><u>Screen Time:</u> (TV, video games, computer)</b>			
• Limit to 2 hours or less a day	<input type="checkbox"/>	<input type="checkbox"/>	_____
• NO TV, computer in child's room	<input type="checkbox"/>	<input type="checkbox"/>	_____
• No snacking while watching TV	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b><u>Parents:</u></b>			
• Be a role model, eat healthy and teach your children to eat better	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b><u>Exercise</u></b>			
• Turn off the TV and your child will move around more	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Do exercise/dance tapes with your kids- at least 60 minutes a day	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Walk instead of driving, take stairs instead of elevators/escalators	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Involve children in household chores	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Get child involved in after school activities, camps, sports teams	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Being overweight affects every part of your body and mind. Give your child a better, healthier life. Teach them how to eat better and live healthier. Start TODAY!**

**Go! (These are healthy!)****Slow! (only eat these sometimes)****No! (Avoid these foods!)**

	<b>Go! (These are healthy!)</b>	<b>Slow! (only eat these sometimes)</b>	<b>No! (Avoid these foods!)</b>
<b>Vegetables</b>	Fresh vegetables Frozen vegetables Canned vegetables Vegetables (cooked without oil, cheese or heavy sauces)	Avocado Vegetables in thick sauces (like beef and broccoli at the Chinese food store)	French Fries Hash Browns Fried vegetables Fried plantains Home Fries
<b>Fruits</b>	Fresh fruits Frozen fruits Fruits canned in juice (like canned pineapples)	100% percent fruit juice Fruits canned in light syrup Dried fruits Sorbet	Fruits canned in heavy syrup (like canned peaches) Sherbert
<b>Breads and Cereals</b>	High-fiber breakfast cereal (like mini-wheats and cherios) Brown Rice Whole-grain pasta Whole-grain breads Whole-grain tortillas Oatmeal (made with no sugar or low sugar); Cream of wheat (Farina)-without butter or sugar Grits (without butter or sugar)	White bread White rice ( a small amount) White pasta French toast Taco shells Cornbread Granola Waffles Pancakes	Pizza Croissants Muffins Donuts Sweet rolls Biscuits Bagels Low fiber breakfast cereals -fruity pebbles -lucky charms -corn pops -coco puffs -trix Spaghetti O's Oodles of noodles
<b>Milk and Milk Products</b>	Low Fat Milk (Fat-free or 1%) Yogurt (fat-free or low-fat) Cheese (fat free or low fat)	2 percent low-fat milk, Low fat cream cheese Low fat Ice Cream	Regular whole milk Regular yogurt Regular cheese Regular Ice Cream Sherbert Cream cheese Pizza Mac and Cheese
<b>Meats, Poultry, Fish, Eggs, Beans, and Nuts</b>	Beans (not fried) Lentils Ground beef and turkey (low fat) Chicken and turkey without skin; Tuna fish canned in water Baked chicken/fish Grilled chicken/fish Egg whites and egg substitutes Tofu	Ground beef (fat removed) Pork (fat removed) Grilled hamburgers Ham Chicken/ turkey with skin Tuna canned in oil Peanut butter Nuts Regular eggs	Cheese Steak Hoagies Fast food hamburgers Ribs Bacon Fried chicken Chicken nuggets Hot dogs Salami Lunchables Pepperoni, Sausage Chuchifritos, Pernil

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<p><b>Sweets and Snacks</b></p>	<p>Raisins Low fat popcorn Dried fruit Apples Oranges Gingersnaps Graham crackers Apple sauce Carrot sticks Celery sticks High fiber crackers Low fat crackers Sugar Free Jello Sugar Free pudding Light Yogurt</p>	<p>Frozen 100% fruit juice bars Low-fat/ fat-free frozen yogurt Low fat ice cream Fig bars (Fig newtons) Ginger snaps Baked potato chips Low-fat popcorn Thin pretzels Low fat peanut butter Angel food cake Nuts Jello Animal Crackers Pudding Yogurt</p>	<p>Cookies Cakes Pies Cheese cake Ice cream Sherbert Chocolate bars Candy Chips Regular popcorn Sour dough pretzels pop tarts Brownies Peanut butter Doritos Fritos Sun chips M&amp;Ms Kit Kat Bar Snickers Cheese doodles Cheetos</p>
<p><b>Fats Condiments Dressings Toppings</b></p>	<p>Vinegar Ketchup Mustard Fat-free or low fat salad dressing Fat-free mayonnaise Fat-free sour cream</p>	<p>Vegetable oil Olive oil Oil-based salad dressing Soft margarine Low-fat creamy salad dressing Low-fat mayonnaise Low-fat sour cream</p>	<p>Butter Stick margarine Lard Salt Gravy Creamy salad dressing Mayonnaise Tartar sauce Sour cream Cheese sauce Cream cheese</p>
<p><b>Beverages Drinks</b></p>	<p>Water Fat-free milk or 1% low-fat milk Low calorie sports drinks -G2 Gatorade -Powerade Zero Sugar-free juice -Crystal light -Diet ice tea -Diet lemonade</p>	<p>2 percent low-fat milk; 100 percent fruit juice; Regular Gatorade Regular Powerade Diet Soda Coffee (no cream/sugar) Tea</p>	<p>Whole milk Regular soda Sweetened iced tea (Snapple), Sweetened lemonade Artificial fruit juices -Hi-C -Sunny Delight -Hugs -Hawaiian Punch Hot Cocoa</p>