

Elevated Body Mass Index

Eating for Good Health and Other Weight Control Tips

1. All in the Family

Approach food choices and exercise as a family project and set an example of healthy eating and exercise habits.

- Read food labels looking for calorie, sugar and fiber content in particular.
- Avoid isolating or singling out the child (or children) with weight issues.
- Avoid eating fast food more than 1-2 times per month (do it as a treat!).

2. Call a TV timeout and stay on the move

- Take the stairs, walk the dog, ride bikes, and engage in formal athletic activities (when possible). Try to have some physical activity daily.
- Keep total daily “screen time” to less than 1-2 hours per day.

3. Eat more slowly and monitor portion size

- Take 20 or more minutes until second servings, preferably limiting to one serving per meal.
- Be aware of the USDA daily calorie recommendations for children. The recommended calorie intake in children depends on age, gender, and activity level. Summary of approximate calorie goals: **1-3 years old:** (girls) 750-1250, (boys) 850-1300; **4-8 years old:** (girls) 1300-1600, (boys) 1400-1700; **9-13 years old:** (girls) 1700-2000, (boys) 1800-2300; **14-18 years old:** (girls) 2000, (boys) 2500-2800¹¹

4. Limit sugar and fructose intake

- Encourage your child to drink low fat milk, water, and a max of 4-8oz per day of fruit juice. Avoid, or at least minimize: sport drinks, energy drinks, flavored milks, flavored drinks, and soft drinks (12oz non-diet soda = 150 calories & 10 teaspoons of sugar).
- High Fructose Corn Syrup (HFCS) was introduced to the U.S. market in the mid-1970s. HFCS is used as a sweetener (cheaper than cane sugar) and preservative (extends shelf life) in processed foods, bread, condiments, and soft drinks.
- There is conflicting research on HFCS’s health effects, but some of the research shows an association with obesity. Fructose acts biologically like fat and is toxic to the liver in large doses; it also delays satiety (feeling full).

5. Encourage a high fiber diet

- The fiber goal (> 2 years old) in grams per day = age in years plus 5-10 grams per day (max 30-35 grams per day).
- Promote fresh fruit, veggies, beans, and whole grains (see websites below to get list of high fiber foods).
- Fiber health benefits: slows the absorption of fructose (see above), helps control blood cholesterol levels, decreases the risk of type 2 diabetes and heart disease, and promotes general colon health.

6. Useful internet resources:

- www.healthychildren.org
- www.mypyramid.gov
- www.uptodate.com/patients
- www.mayoclinic.com
- www.kidseatright.org
- <https://txpeds.org/texas-pediatric-society-obesity-toolkit>

¹ *The Dietary Reference Intakes, National Academy of Sciences, Washington DC, 2002.*

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Disclaimer: These guidelines are to help the caretaker with treatment at home. However, if you are ever concerned about your child’s health, you should see a physician in person.

Nutrition Guidelines (continued)

- Limit consumption of juice
 - ◇ Do not introduce juice to a child's diet before the age of 6 months.
 - ◇ Children 1 to 6 years old should limit pure, 100% juice to 4-6 oz per day.
 - ◇ Children older than 6 years should limit juice consumption to 12 oz per day.
 - ◇ Do not offer children sugar-sweetened fruit drinks.
- Increase consumption of low-fat milk and dairy products.
 - ◇ Children 1 to 2 years old should transition from formula or breast milk to whole milk.
 - ◇ Children older than 2 years should transition to low-fat, 1%, or skim milk.
 - ◇ Children should drink milk products in these amounts:
 - Children ages 1 to 3: 2 cups / day
 - Children ages 4 to 8: 3 cups / day
 - Preteens and Teens: 4 cups / day
- Children should not be punished for not finishing their meals nor should they be rewarded for cleaning their plates
- Increase consumption of water for thirst.
- Use items other than high-fat food or candy to reward good behavior.
 - ◇ Substitute verbal praise, a fun activity, or stickers.
- Parents and other family members should display the above dietary habits for the child.

(continued)

Nutrition Guidelines (continued)

- Choose proper serving size
 - ◇ Young children and inactive girls should choose the lower number of servings from each food group. Most active school-age children and teen girls, as well as inactive teen boys, should choose the middle number of servings. Active teen boys and some very active teen girls should choose the higher number of servings from each food group.

Bread, cereal, rice, pasta, and starchy vegetable group:	1 slice whole-wheat bread ½ cup cooked whole-grain cereal, brown rice, or whole-wheat pasta ½ cup starchy vegetables (corn, peas, or potato) 1 oz whole grain cereal
Fruit group:	1 small piece of fruit or ½ banana 1 cup fresh fruit such as melon or berries ½ cup canned fruit 4 oz juice 2 Tbsp dried fruit
Vegetable group:	½ cup cooked vegetables or vegetable juice 1 cup raw vegetables
Milk, yogurt, and cheese group:	1 cup skim or 1% milk 1 cup fat-free or low-fat yogurt 1 oz fat-free or reduced-fat cheese
Meat, poultry, fish, dry beans, eggs, and nuts group:	2-3 oz skinless chicken, turkey, or fish ½ cup beans or tofu ¼ cup nuts (children > 5 years) or 2 Tbsp nut butter ½ cup egg whites or egg substitutes.
Fats, oils, and sweets group:	1 tsp butter, margarine, mayonnaise, oil, or sugar 1 Tbsp salad dressing

Sources:

Dennison BA, Boyer PS. Risk evaluation in pediatric practice: aids in prevention of childhood overweight. *Pediatr Ann.* 2004;33:25-30.
 Ariza AJ, Greenberg RS, Unger R. Childhood overweight: management approaches in young children. *Pediatr Annals.* 2004;33:33-38.
 Preventing Childhood Obesity Self-Help Materials. Houston, Texas: Texas Children's Hospital; 2003:8,11.



Low-Fat, Low-Sugar Nutrition Guidelines

Food Group	Foods to Choose More Often	Foods to Limit
Breads, cereals, starches, and starchy vegetables	Barley, bulgur, buckwheat (kasha); whole-grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole-wheat pasta, whole-wheat couscous; unflavored oatmeal; winter squash, sweet potatoes, corn; corn tortillas	Biscuits; store-bought muffins, croissants, sweet rolls, Danish, and donuts; sugar-coated cereals; crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed, or scalloped potatoes
Vegetables	Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini	Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables
Fruits	Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, strawberries	Canned fruit, fruit juices, dried fruit, fried fruits

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Low-Fat, Low-Sugar Nutrition Guidelines (continued)

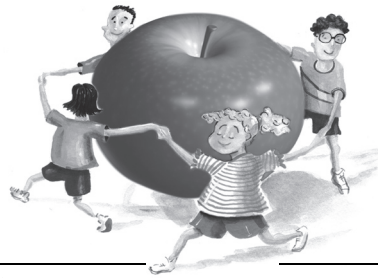
Food Group	Foods to Choose More Often	Foods to Limit
Meat, poultry, fish, dried beans, and eggs	Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, tofu	Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs
Milk, yogurt, and cheese	Skim and 1% milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or non-nutritive sweetener; fat-free or low-fat cheese and cottage cheese	2% and whole milk, 1% and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese, cottage cheese
Fats	Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts	Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese; saturated fats such as coconut, palm, and palm kernel oils; shortening or lard; sour cream
Sweets	Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles	Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks
Beverages	Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee	Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, flavored coffee beverages
Miscellaneous	Catsup, mustard, pickles, salsa, spices, lemon juice	
Snacks (in very limited amounts)	Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies	Chips, buttered popcorn; store-bought cakes, cookies, and pies; chocolate, sherbet, ice cream, pudding

Low-Fat, Low-Sugar Nutrition Guidelines (continued)

Sample Menu – All meals are prepared without added fat.

Breakfast	Breakfast	Breakfast
2 slices whole-grain bread or frozen waffles 2 teaspoons almond butter 1 cup skim milk or yogurt 1 small banana	Breakfast taco (small whole-wheat flour tortilla, ¹ / ₂ cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa) 1 small orange	1 cup old-fashioned oatmeal 1 cup skim milk 1 small pear
Lunch	Lunch	Lunch
Turkey sandwich (2 ounces turkey breast on a whole- grain bread or roll) 1 cup green grapes 1 cup baby carrots, jicama, and bell pepper strips 2 tablespoons fat-free ranch dressing 1 cup skim milk or fat- free, reduced-calorie yogurt Bottled water or diet soda	2 ounces water-packed tuna mixed with 1 tablespoon light mayon- naise, chopped celery 10 whole-grain crackers 1 small apple 1 cup skim milk or fat- free, reduced-calorie yogurt Water or diet soda	Peanut butter sandwich on whole-wheat bread Apple 1 cup carrot and celery sticks 2 tablespoons light ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda
Dinner	Dinner	Dinner
3-4 ounces grilled salmon ² / ₃ cup steamed/boiled brown rice 2 cups mixed salad greens 1 tablespoon balsamic vinegar with 2 teaspoons olive oil ¹ / ₂ cup steamed green beans Water with lemon	1 cup vegetable soup (carrots, celery, onions, tomato) 2-3 ounces grilled chicken breast (skinless) ¹ / ₂ cup black beans ¹ / ₂ cup steamed/boiled brown rice 2 corn tortillas 1 cup lettuce and tomato salad with ¹ / ₈ avocado slice Water or unsweetened iced tea	3-4 ounces baked barbeque chicken breast (skinless) ¹ / ₂ cup mashed sweet potato ¹ / ₂ cup steamed cabbage ¹ / ₂ cup steamed turnip greens 1 small whole-grain roll with 1 tablespoon light margarine Water or unsweetened iced tea
Snack	Snack	Snack
Fruit smoothie (1 cup skim milk, 1 cup frozen fruit such as peaches or mixed berries) 3 cups low-fat popcorn 1 ounce peanuts (children >5 years)	¹ / ₂ mango 1 cup fat-free, reduced- calorie yogurt with 1 ounce almond slivers	6 cups low-fat popcorn Diet soda or sugar-free Kool-Aid

Source: *Preventing Childhood Obesity Self-Help Materials*. Houston, Texas: Texas Children's Hospital; 2003:11-13.



Lifestyle Guidelines

- Limit time devoted to media use (including television/videos/video games/computer use) to no more than 1-2 hours per day.
 - ◇ Try not to use the remote control while watching television.
 - ◇ Get up and move around during television commercials.
- Discourage children younger than 2 years from watching television.
- No TV/VCRs/or video games in children's bedrooms.
 - ◇ This is associated with an increased risk of being overweight.
- Encourage play time.
 - ◇ Toddlers and preschoolers should participate in at least 30 to 60 minutes per day of structured play.
 - ◇ At least 60 minutes per day should be dedicated to unstructured physical activity.
 - ◇ Children should not lie down for more than 60 minutes at a time except when sleeping.
- Make physical activity a part of your daily routine.
 - ◇ Walk or ride a bike to school.
 - ◇ Play outdoors, in the gym, or on the playground 30 minutes before homework every day.
 - ◇ Walk with friends instead of talking to them on the phone.
- Get 1 hour of exercise during the day.
 - ◇ Both children and adults should be active for 1 hour every day. This exercise can occur throughout the day.
 - ◇ Purchase a pedometer and aim to walk 10,000 steps a day.
- Consider participating in organized sports or physical activities.
 - ◇ Get involved in team sports or marching band at school.
 - ◇ Take classes in activities you enjoy such as dance, martial arts, swimming, or tennis, or buy an aerobics tape and exercise at home.
- Encourage your family to exercise together. Parents can be role models!
 - ◇ Take walks together.
 - ◇ Go on a family bike ride.
 - ◇ Plan trips to the zoo, museum, or library; or plan house or yard projects.
- Variety in exercise helps to avoid boredom.
 - ◇ Take into account different times of day and weather conditions.

Sources:

Dennison BA, Boyer PS. Risk evaluation in pediatric practice: aids in prevention of childhood overweight. *Pediatr Ann.* 2004;33:25-30.

Kleinman RE. *Pediatric Nutrition Handbook.* Elk Grove Village, Ill: American Academy of Pediatrics; 2004:576-579.

Epstein LH, Valoski AM, Vara LS, et al. Effects of decreasing sedentary behavior and increasing activity on weight change in obese children. *Health Psychology.* 1995;14:109-115.



Behavior Guidelines

- **Eat slowly.**
 - ◇ It takes 20 minutes for your stomach to tell your brain that it is full. Eating too fast usually will lead you to eat too much.
 - ◇ Make meal times a family event without TV. This will prompt discussion and likely slow eating.
 - ◇ Put your fork down between bites.
 - ◇ Try to serve plates in the kitchen and avoid self-serve.
- **Keep a food journal.**
 - ◇ Every time you eat, snack, or drink write it down in your journal.
 - ◇ After a week, review your journal to identify events that lead to overeating.
 - ◇ Make efforts to change eating habits after reviewing your journal.
- **Exercise.**
 - ◇ Consider keeping an exercise log to keep track of daily exercise.
 - ◇ Try to be active for 1 hour every day.
- **Set realistic goals.**
 - ◇ If weight loss is recommended by your doctor, set small weekly goals ($\frac{1}{2}$ to 2 lbs). Ask friends and family to help support you.
- **Stay positive.**
 - ◇ Praise yourself or your child for even the smallest positive change in eating and/or exercise habits.
 - ◇ Make it a two-way street. Have your children “reward” you for positive changes that you make.
 - ◇ Never shame your child about eating, activity, or weight.
 - ◇ Help your child replace negative thinking (“I can’t”) with positive thinking (“I can do this”).

Source:

Behavior modification. In: *Preventing Childhood Obesity Self-Help Materials*. Houston, Texas: Texas Children’s Hospital; 2003.



Healthy Lifestyle Prescription

Patient's Name: _____ Date: _____

Diagnosis: _____

Specific Instructions:

- Eat breakfast EVERYDAY.
- Eat at least 5 servings/day of fruits and vegetables.
- Eat healthy snacks like fruits, vegetables, and whole-grain crackers.
- Limit fast food and fried food.
- No supersizing fast food or drinks.
- Limit sugary drinks such as sodas and sports drinks.
- Limit juice to _____ ounces per day.
- Drink water when thirsty.
- Increase consumption of low-fat milk and dairy products (1% or skim milk).
- Play outside for 1 hour during the day.
- Limit TV/video/computer to 2 hours/day.

In my professional opinion, in accordance with accepted medical practice standards, the above-mentioned patient requires healthy lifestyle changes for the problems indicated above.

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