

## Recommendations for Preventing Obesity

- Discourage consumption of beverages high in sugar.
- Select healthy fruits and snacks as treats — e.g., grapes and raisins.
- Understand that all food is OK. Some foods are healthy and help children grow tall or big, and some are not. Encourage children to select more of the healthy variety.
- Require that all drinks and foods be consumed only in a designated place—for example, at the kitchen or dining room table.
- Schedule midmorning and mid-afternoon healthy snacks, and make them attractive.
- Always require children to eat a healthy breakfast.
- Discourage snacking after dinner.
- Create a healthy environment at home: Display and keep within reach nutritious foods naturally low in fat and sugar. Allow infrequent consumption of non-nutritious foods away from home.
- Realize that young children have immature metabolic and musculoskeletal systems. Don't impose adult exercise regimens or goals on children.
- Encourage participation in aerobic activities appropriate for your child's age and size.
- Provide opportunities for young children to safely climb, run, and jump to encourage the development of muscular strength and endurance.
- Families that play together stay healthy together. Reserve at least half a day of each weekend for family physical fitness.