

20% of our children are obese and the rate is soaring. Let's stop this epidemic!

Recommendations for Pediatric Weight Management:

- Increase Healthy Eating
- Decrease Unhealthy Eating
- Increase Physical Activity
- Decrease Sedentary Behaviors

What you can do to help your children and troops:

- Limiting television and other screen time according to American Academy of Pediatrics Guidelines.
- Promoting moderate to vigorous physical activity for at least 60 minutes a day.
- Limiting consumption of sugar sweetened beverages.
- Eating breakfast daily.
- Limiting eating out at restaurants, especially fast-food.
- Encouraging family meals.
- Limiting portion sizes according to USDA recommendations.

Strategies to Decrease Sedentary Behavior inside the Home:

- 30-minute rule: After 30 minutes of computer or written work take a 3-5 minute physical break
- Allow active play before homework.

Portion Sizes:

- Protein needs equal the size and thickness of your palm for the whole day. Choose lean meats, poultry, and fish.
- Fruits, vegetables and whole grains are the Carbohydrates that should make up a large majority of your daily intake.
- Aim for 3 servings of non fat or low fat dairy a day.
- It's not the Grain Group that makes you fat; it's the fat you add to them that contributes to your weight gain at 9 calories per gram versus carbohydrates at 4 calories per gram.

To get more information on modifying meals, snacks, troop events contact Jodie G. Block, MS, RD, CDN at JodieBlock@aol.com or 858-926-8139. Jodie can speak to your Service Unit, Troop, Parents or any group/organization on the creative ways to make changes without missing a thing. She also runs 8 week weight loss classes, nutrition education classes and sees clients privately in their home or at her office to help you, your child or your family fight the weight wars. Call her for more information and pricing.

They'll never miss it!

A little effort makes a huge difference:

Encampments/Camping:

- Bring fat free salad dressing with the salad
- Skip the chicken nuggets and go for the breasts...remember how small a portion is.
- Whole grain fillers, in disguise:
 $\frac{1}{2}$ whole wheat/ $\frac{1}{2}$ white pasta, anything with low fat tomato sauce counts as a vegetable.
- Low fat hotdogs/ 4% fat burgers. Buy when on sale and freeze, save for when you need them.
- Decorate with fruit instead of candy.
- Add extra beans to chili, add extra noodles to soup, add extra vegetables to everything.

