



_____’s Healthy Weight Plan

(Child’s name)



Based on your visit today, the following lifestyle goals are recommended:

Meal time

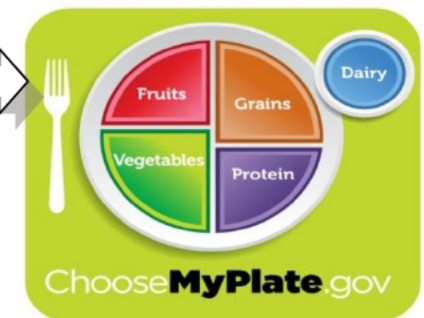
- Eat at least 5 fruits or vegetables each day (these can be fresh, frozen, dried, or canned)
- Eat breakfast daily (including fruit, whole grain, and lean protein or low fat dairy)
- Reduce snacks, or snack only on fruits or vegetables
- Eat together as a family
- Decrease sweetened beverages to none (including sweet tea, soda, sports drinks, fruit punch, lemonade, sweetened coffee drinks)
- Drink more water
- Limit 100% fruit juice to less than 6 ounces per day
- Switch to skim or 1% milk (all children over 2 years old, OR children over 12 months with risk factors for overweight/obesity)
- Reduce desserts, candy, cookies and chips
- Adjust recipes to gradually reduce sugar and fat, and increase fiber and whole grains
- Keep portion sizes smaller than your child’s fist
- Limit second servings to fruits or vegetables only
- Prepare less food, or remove extras from the table
- Stop eating when satisfied, before feeling “full” (allow children to stop eating when they lose interest in it)
- Limit distractions during mealtime (TV, computer, phone)
- Limit eating out, especially at fast food restaurants
- Eat only half, or less, of restaurant portion sizes
- Involve children in menu planning and meal preparation
- Let children help shop for healthy foods they like at the grocery store
- Avoid using food as a reward, or for any reason other than physical hunger

Play time

- Get at least 60 minutes of physical activity each day (this can be done in shorter segments throughout the day)
- Be active together as a family
- Plan indoor physical activity for inclement weather
- Participate in active sports, such as swimming, soccer, running, tennis, basketball, dance, karate or cycling. List sport(s): _____
- Walk or ride a bike, instead of driving a car, for short trips
- Walk or ride a bike to school
- Visit parks or playgrounds
- Limit screen time to less than 2 hours per day (this includes TV, computer, or video games on ANY screen)
- NO screen time or children younger than 2 years
- Remove TVs and computers from the child’s bedroom
- Other _____

Make your plate look like this!

For more tips about healthy living, go to:



Please work on these goals and return for follow-up in: 1 month 3 months 6 months Other _____