EATING OUT (continued)

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• Ask that bread, beverages, and tortilla chips be served with the meal, not beforehand.
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• Look beyond the children's menu. Children's menus are often limited to fried and other high-calorie, high-fat foods.

Fast Food

When eating at fast food restaurants, choose the following healthier options:

• Side salad with low-fat dressing
• Grilled chicken sandwich without mayonnaise
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• Chicken or steak soft tacos; skip the sour cream and guacamole
• Small hamburger with catsup, mustard, pickle, lettuce, tomato—no mayonnaise
• Broth-based soups
• Grilled veggie burger; skip the mayonnaise
• Baked potato; go light on the sour cream and margarine
• Low-fat frozen yogurt or low-fat ice cream
• Baked beans, corn on the cob, mashed potatoes

ADA views the rise in overweight and obesity, especially in children, as a serious national health issue. This alarming trend threatens health, longevity and quality of life. ADA members translate complex nutrition principles into appealing food options for a healthy lifestyle.

Registered dietitians play an important role in helping overweight children and their families take the actions necessary to achieve and maintain healthy weight levels. This guide serves as an important new tool to help parents and children achieve successful outcomes.

—Julie O'Sullivan Maillet, PhD, RD, FADA
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Healthy Hints for Eating Out with Kids

Here are some tips from the American Dietetic Association to help you help your child make healthy food choices when eating out. You may want to tear out this page and use it when you're looking at restaurant menus.

Breakfast

• Order an English muffin, toast or a bagel instead of a croissant, biscuit, muffin or other pastry.
• Choose Canadian bacon or ham instead of sausages.
• When ordering pancakes, make sure portion sizes are appropriate and skip the butter.

Lunch or Dinner

• Ask for low-fat salad dressings, mayonnaise, sour cream, sauces or gravy. Have these items served on the side.
• Avoid mayonnaise and cheese on burgers and sandwiches. Use catsup, mustard or barbecue sauce instead.
• Order low-fat milk, fruit juice or water instead of a soft drink or milkshake.
• Stick with baked, broiled or poached items. Avoid fried items such as fish and chicken patty sandwiches.

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Introduction

If your child is overweight, or at risk of becoming overweight, you're probably wondering, "What can I do to help?"

If you're concerned about your child's weight, the first step is to talk with your pediatrician, family doctor or registered dietitian. Work with your health care professional to determine whether your child is overweight. Your health care professional will help you develop a program to help your child reach a healthy weight goal.

As part of a healthy weight program, parents can help their children reach wellness goals by making healthy changes at home. Weight can be affected by many factors, but environment is often a major component.

Healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. This guide tells you where to start and what you can do at home to help your child. The focus of this guide is on eating healthy meals and physical activity. The recommendations in this guide are targeted toward healthy weight for children ages 4-12.
Healthy Habits for Healthy Kids

Take the Healthy Habits Quiz to help identify areas where your family may want to make changes.

HEALTHY HABITS QUIZ:
Do you and your family…

- Have regularly scheduled mealtimes at home? ____ ____ ____
- Eat meals together at least once a day? ____ ____ ____
- Plan snacks? ____ ____ ____
- Tailor portion sizes to each person’s needs? ____ ____ ____
- Eat three meals every day? ____ ____ ____
- Try to make mealtimes enjoyable? ____ ____ ____
- Avoid making everyone eat the same meal or using food to punish or reward? ____ ____ ____
- Enjoy physical activities together once or twice a week? ____ ____ ____

*Yes* = 2 points
*Sometimes* = 1 point
*No* = 0 points

If your total score is:

- 20-22 — Your family is on the right track. Use this guide for additional healthy eating and physical activity ideas.
- 13-19 — Your family is doing well, but could work on areas where you answered "no"/"sometimes.
- 12 or lower — This guide should be very helpful as you try to help your child reach a healthy weight.


When the whole family participates…

- Your child will not feel singled out or punished for being overweight.
- Your child will learn from example.
- Healthy eating and physical activity will be more fun.
- Everyone will benefit from healthier eating and increased activity.
- It will help to keep everyone motivated and on track.

Get your entire family involved. Family. It’s a major part of every child’s life—and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if everyone in the family is involved in making positive changes.
Set healthy, realistic goals

• Decide on two or three specific, small changes in eating or physical activity at a time.
• Write your family’s weekly goals down and keep track of your family’s progress every day. Writing down your goals and referring back to them over and over again will help your family stay on course.
• Keeping a daily food and activity log is a good way to keep track of healthy eating and physical activity goals. Each day, try to write down everything your child eats and drinks and ... If your child is old enough, he or she can keep the log on his or her own. Focus on accomplishments, not failures.

DAILY FOOD AND ACTIVITY LOG

| Activity | Final | WellPoint.qx | 6/12/03 | 11:31 AM | Page 4 | 182x1051 | 214x1046 | 4 – 4

- Breakfast
- Lunch
- Dinner
- Snacks

• Don’t expect perfection. If your goal is to take a family walk five days a week, and you miss a day, that’s ok. What’s important is that you are making a healthy change.
• When your family has turned a healthy change into a habit, it’s time for a reward! Reward yourselves with a fun physical activity, such as bowling, ice skating, miniature golf or canoeing.

Here are a few goal-setting tips:

- Set healthy, realistic goals.
- When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. It’s best to set goals for healthy eating and physical activity that apply to the entire family.
- Remember — change takes time. Even after you’ve incorporated more healthy foods and physical activity into your family’s routine, it will take time to notice a change in your child’s weight.
Healthy Habits for Healthy Kids

Meals tend to be healthier when planned, so try to plan menus a week at a time. Keep a log of menus you've created so you can refer to it in the future when you need ideas for a healthy meal that your family likes.

Space snacks at least one hour before a meal. Two to three snacks per day are enough for most children. See page 9 for healthy snack ideas.

Plan to eat at least one meal together every day. If it's difficult to get everyone together for dinner, how about breakfast? Try designating one night a week as family dinner night.

Eat meals and snacks in the kitchen or dining room. Avoid eating in front of the computer or television.

Help your child understand when he or she is physically hungry and when he or she is satisfied:

- Don't overly restrict food. This can lead to preoccupation with food or make your child feel punished or rejected. Any restrictive diet should be under the guidance of a health care professional.
- Don't use food to reward, comfort or punish your child.
- Don't make your child eat everything on his or her plate.
- Encourage your child to eat slowly. It's true for all of us: When we eat too quickly, our body thinks it needs more food to be satisfied. Here are some tips:
  - Put the fork down between bites.
  - Swallow one bite before taking another.
  - If your child wants seconds, have him wait five minutes to see if he's still hungry. Make the second helping half the size of the first.
  - Eat the meal in courses. Start with low calorie foods (fruits, vegetables, salads) and then move on to higher-calorie foods (breads, pastas, meats).

Eating meals together gives you a chance to help your child develop a healthy attitude toward food. It also enables you to serve as a healthy eating role model, ensure that your kids are eating nutritious foods, introduce your family to new foods, establish a regular meal schedule and keep in touch with family members.

Here are some tips on making the most of family mealtime:

- Prepare healthy meals that the whole family eats instead of serving special foods for an overweight child. This will create a positive and supportive environment.
- Schedule meals at regular intervals. Without a schedule, kids tend to snack more—and often reach for high-calorie foods.

DID YOU KNOW?

It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So encourage fast eaters to slow down to give their brains a chance to get the word.
Healthy Habits for Healthy Kids

- Aim for five servings of fruits and vegetables each day. You can gradually build up to this amount. A good goal to try: eat fruit with each meal for a week.

- Reduce fat. Opt for low-fat substitutes:
  - Low-fat dairy - skim or 1% milk (after age 2), cheese with 2 to 6 grams of fat per ounce
  - Lean meats and poultry - 95% lean ground beef or turkey; remove visible fat from meat; remove skin from poultry
  - Low-fat or fat-free salad dressings, mayonnaise and margarine
  - Desserts - angel food cake, low-fat ice cream or frozen yogurt, animal crackers, vanilla wafers, gingersnaps, graham crackers

- Eat sugary foods in moderation. If your child eats a healthy diet, one sweet a day is fine.

- Drink water, skim or 1% milk (after age 2) instead of high-calorie, sugary drinks.

- Check ingredients on nutrition labels. Foods with sugar listed as one of the first three or four ingredients may be high in sugar and should be eaten in moderation.

- Eat healthy snacks. Keep healthy foods on-hand for snacks. Good snack ideas include:
  - Fresh fruit
  - Cereal with low-fat milk
  - Low-fat cheese with low-fat crackers
  - Graham crackers with low-fat hot chocolate
  - Raw vegetables with low-fat dip
  - Applesauce

- Serve appropriate portions. Over-sized portions often contribute to weight gain. To get an idea of the right portions to serve your child, it might help to visualize the appropriate serving size by comparing it to objects you're familiar with.

Every child needs appropriate amounts of calories, proteins, minerals, and vitamins to grow. The best way to ensure kids get what they need while maintaining or improving their weight is to serve a variety of nutritious foods that are low in fat and sugar. The food pyramid is a general guide for a balanced diet.

<table>
<thead>
<tr>
<th>Food</th>
<th>Average Serving Size</th>
<th>What it looks like</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>2-3 ounces</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>Pasta or rice</td>
<td>1/2 cup</td>
<td>Tennis ball or ice cream scoop</td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td>Computer disk</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 tablespoons</td>
<td>Ping pong ball</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/2 cup</td>
<td>Light bulb</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>Four dice</td>
</tr>
</tbody>
</table>

Make sure your child eats a balanced, healthy diet.
Healthy Habits for Healthy Kids

• Use fun physical activities as a reward. When your family reaches one of its goals, celebrate with a fun, active outing you can enjoy together. Go play miniature golf, practice at a batting cage, visit a water slide park, go canoeing, hiking or ice skating.

• Include activity in your daily routine. Take the stairs. Park farther away at the store and walk. Have your child participate in chores that involve physical activity such as cleaning, gardening or walking the dog.

• Expose your kids to a variety of physical activities and allow them to choose which ones they like best. Here are some activities your family may want to try:
  - basketball
  - biking
  - bowling
  - canoeing
  - catch
  - dancing
  - football
  - freeze tag
  - frisbee
  - hiking
  - hopscotch
  - ice skating
  - kickball
  - playing outside
  - rollerblading
  - running
  - soccer
  - softball
  - swimming
  - tennis
  - volleyball

• Keep in mind that overweight kids may feel uncomfortable in competitive sports, so activities everyone can participate in regardless of skill may be best. If your children are interested in team sports, however, you should encourage them and help them join a local team. Activities not based on skill level include:
  - walking
  - hiking
  - playing outside
  - biking
  - sledding
  - swimming
  - bowling
  - tag
  - dancing
  - ice skating
  - jogging
  - flying a kite

• Plan regular physical activities as a family. Take an after-dinner family walk three days a week—or schedule a weekly Saturday afternoon trip to the pool.

• Limit television, video games or computer time to one to two hours a day.

• Focus on fun rather than skill. If kids think of physical activity as fun they’ll be more likely to want to do it.

• Encourage your kids to play outside with other children. Be sure where they are playing is safe.

Get active!

As with healthy eating, kids are more likely to want to be active when other family members are active too. Find ways to build physical activity—step-by-step—into your family routine. Here are some tips on getting family members together for physical activities:
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EATING OUT (continued)

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