

Ten Guidelines to Help Manage Your Weight

These steps have helped kids achieve a more healthy weight

1. **Set a routine and make a plan for meals and sleep.** Start with breakfast, have lunch, dinner and 1 or 2 scheduled snacks during the day. Avoid grazing (snacking constantly) and eating late at evening and night. Plan when you will eat meals and snacks and where the food will come from each day. Keep regular bedtimes to get enough sleep.
2. **Drink water.** Allow soda, sugary drinks and fruit juice only on a few special occasions because they provide excess calories. Drink water instead.
3. **Limit fast food and processed foods.** Cook at home as much as possible. Limit large portions of energy-dense food to once a week. Limit processed foods (labeled food with more than 10 ingredients) to avoid extra salt and sugar, such as high-fructose corn syrup. Include lean proteins like beans, lentils, chicken, fish, and low-fat dairy. Consider packing healthy home lunches or check your school menu for healthy food at school.
4. **Eat 5 a day.** Aim to eat 5 or more servings of fresh vegetables and fruits daily.
5. **Eat smaller portions and eat slowly.** Eat smaller portions of a wide variety of foods and wait 20 minutes before deciding if you want a second portion. Try to pay attention to hunger and fullness.
6. **Choose whole grains and fresh vegetables.** Whole grain foods (like whole grain dark bread, whole grain tortillas, oats and brown rice) are high in healthy fiber, which can help you feel full. Limit the amount of refined grains (like white flour bread, crackers, and white rice). Yogurt with no added sugar, fresh vegetables and fruits (carrots and slices of apples with skin) are healthy snack options. Mixed fresh vegetables and fruits can be blended to make a smoothie.
7. **Be mindful about eating.** Avoid eating while you are doing something else (like doing homework or watching TV) or when you feel bored or anxious. Eat meals together as a family. Plan and budget for treats. Eating healthy does not mean never eating high-calorie foods again, but they should be planned for and eaten at special times.
8. **Limit “screen time”** (like TV, computer games, iPads, and game consoles) to a combined time of 2 hours or less per day. However, games that encourage exercise or dancing, like Wii or Xbox kinect can be encouraged.
9. **Play!** Go for a goal of at least 1 hour of physical activity each day. You can increase activity in your daily life by walking to school, walking the dog, and using the stairs instead of the elevator.
10. **Sweat!** At least 3 times per week, take part in a physical activity that gets your heart beating faster such as jumping rope, running, dancing, swimming and sports. Set a goal of 30 to 60 minutes per session.

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To Learn More

- Nutrition
206-987-4758
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Resources

- The ACT! (Actively Changing Together) program is a healthy lifestyle program for overweight youth ages 8 to 14 years old. Visit seattlechildrens.org/about/community-benefit/obesity-program/act/ for more information.
- Visit choosemyplate.gov for tips and information on healthy eating.