



Ten Guidelines to Help Manage Your Weight

These steps have helped kids achieve a more healthy weight.

1. Have daily routines for meals and sleep. Start with breakfast, have lunch, dinner and a snack between meals. Avoid grazing (snacking constantly). Keep regular bedtimes to get enough sleep.
2. Eat smaller portions of a wide variety of foods. Aim to have 5 portions of fresh vegetables and fruit per day. Include lean proteins like beans, low-fat dairy, chicken and fish.
3. Cut down on soda, sugared drinks and fruit juice because they provide excess calories. Drink water instead.
4. Limit fast food to once a week. Limit processed foods and avoid extra salt and sugar, such as high-fructose corn syrup, in foods and drinks.
5. Choose whole grain foods high in fiber (like whole grain bread, whole grain tortillas and brown rice). Limit the amount of refined grains food (white flour bread, and white rice). Yogurt with no added sugar, fresh vegetables and fruits (carrots and apple slices) are healthy snack options.
6. Eat slowly and wait 20 minutes before deciding if you want a second portion. Try to pay attention to hunger and fullness.
7. Be mindful about eating – avoid eating while you are doing something else or when you are feeling bored or anxious.
8. Limit “screen time” (TV, computer games, iPads, game consoles and others) to a combined time of 2 hours or less per day. However, games that encourage exercise or dancing, Wii or Xbox kinect can be encouraged.
9. Go for a goal of at least 1 hour of physical activity spread over your 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. 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.

To Learn More

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

Free Interpreter Services

- In the hospital, ask your child’s 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.

Resources

- The ACT! (Actively Changing Together) program is a healthy lifestyle program for overweight youth ages 8 to 14 years old. ACT is a partnership between Seattle Children’s Hospital and the YMCAs of greater Seattle, Olympia and King and Snohomish counties. Visit www.seattlechildrens.org/about/community-benefit/obesity-program/act/ for more information.
- Visit www.choosemyplate.com for tips and information on healthy eating.

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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