

preventing childhood

# obesity

Today, one in every six children in the U.S. is overweight or obese, as are 60% of American adults. Obesity in children can be prevented if parents teach healthy eating habits early. Use these basic strategies for keeping children healthy.



**Portion Size.** Learn how much food your child needs; serve kid-sized portions.



**Baby.** Feed your baby on demand. Get to know her signs of hunger and fullness.



**TV.** Ideally, children under age 2 shouldn't watch any TV. Older kids should limit viewing to 1–2 hours a day.



**Appetite.** Allow a child to eat according to his appetite. Don't force or bribe.



**Milk.** Switch to lowfat or skim milk at age 2.



**Active Play.** Get your child in the habit of being active. Play in the park, walk the dog, or teach her to dance.



**Fruits and Vegetables.** Serve fruits and vegetables at every meal. Be a good role model for your kids—eat these foods yourself.

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Tips taken from:

**Baby Bites**

by Bridget Swinney, MS, RD

Available in bookstores nationwide.

