

Nutritional Content

Help your kids eat breakfast.

Kids who eat breakfast tend to eat more healthfully overall and are more likely to participate in physical activity.

Choose foods that are rich in whole grains, fiber and protein while low in added sugar; these help to boost attention span, concentration, and memory.



Tips for Making Breakfast Happen

Stock your kitchen with healthy breakfast options.

Prepare as much as you can the night before (get dishes and utensils ready, cut up fruit, etc.).

Get everyone up 10 minutes earlier.

Tips for Portion Size

Think of a plate divided into four equal sections:

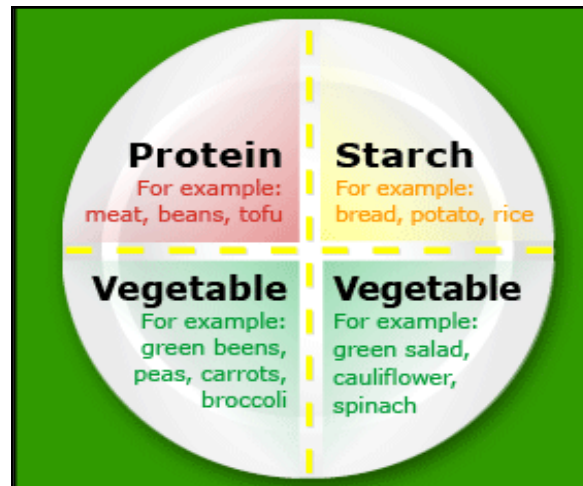
Use one of the top sections for a protein and the other one for a starch, preferably a whole grain.

Fill the bottom half with vegetables.

None of the quadrants should be overlapped or piled high.

Serve food on smaller plates so meals look larger.

Choose a variety of vegetable types, colors and preparation strategies.



Food Access

Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat and store in an accessible location.

Serve lean meats and other good sources of protein, such as fish, eggs, beans, and nuts.

Serve water or milk instead of sugary drinks.



Physical Activity

Children and teens should participate in at least 60 minutes of moderate or greater intensity physical activity on most or every day.

Some examples of moderate intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer

Reduce Sedentary Time

Limit TV watching and web surfing to no more than 2 hours per day.

Encourage children to find fun activities to do with family, friends or on their own that involve more physical activity.



Preventing Overweight and Obesity



Lead by example. Practice healthy eating habits and do physical activity.

Do not reward kids for good behavior or try to stop bad behavior with sweets or treats.

Get your kids involved by letting them help prepare meals and take them to the grocery store to learn how to make healthy decisions.

Do not maintain a “clean-plate” policy. If kids are satisfied, don't force them to continue eating. Reinforce the idea that they should only eat when they're hungry.

Texas Obesity Research Center
3855 Holman St., Garrison Gym, Rm. 105H
Houston, TX 77204-6015
713.743.9310
torc@uh.edu

Tips for Managing Weight of School Aged Children



UNIVERSITY of
HOUSTON
TEXAS OBESITY RESEARCH CENTER