Managing Your Children’s Weight

Choose and prepare a variety of foods

Avoid fast food

Never force children to clean their plates

Let children decide how much they eat & whether to eat

Set regular times for meals and snacks

Limit screen time to 2 hours daily; don’t let children get bored

Drink only water between meals

Control what foods come into your home

Limit juice to 4 oz. daily, only at mealtimes

Never use food as a bribe or reward

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