

Managing Your Children's Weight

Choose and prepare a variety of foods

Avoid fast food

Control what foods come into your home

Let children decide how much they eat & whether to eat

Never force children to clean their plates

Set regular times for meals and snacks

Limit juice to 4 oz. daily, only at mealtimes

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

Never use food as a bribe or reward

Drink only water between meals