

Pediatric Obesity: A Clinical Toolkit for Healthcare Providers

Nutrition Guidelines^{11, 12, 13}

- Set a daily meal schedule (3 balanced meals and 2 healthy snacks)
 - Do NOT skip breakfast
 - Serve fruits and/or vegetables at every meal
 - Increase the number and variety of vegetables eaten
 - In order to get children to eat more vegetables, serve more than one vegetable at a time and serve vegetables more than once, both for meals and snacks
 - Repeated exposure to *ANY* new food is needed for children to accept them. Parents should continue offering a given vegetable, even if the child has an initial negative response
 - Keep only low-fat snacks in the house
 - Offer snacks of fruits and vegetables
 - Avoid snacking directly out of a bag --- it is difficult to monitor portion size
- Limit fast food consumption
- Do NOT supersize fast food
- Set limits on food choices. Parents should offer a choice of healthy food options and allow the child to choose amongst them
- Do NOT eat meals or snacks while viewing television. It is difficult to regulate caloric intake
- Limit consumption of juice, sweetened beverages such as sport drinks and soft drinks
 - Do not introduce juice to a child's diet prior to age 6 months
 - Children 1 to 6 years should limit pure, 100% juice to 4-6oz/day
 - Children > 6 years should limit juice consumption to 12oz/day
 - Do not offer children sugar-sweetened fruit drinks
- Increase consumption of low fat milk and dairy products
 - Children 1 to 2 years old should transition from formula or breast milk to whole milk
 - Children > 2 years should transition to lower fat, 1% or skim milk
- Do NOT reward children for cleaning their plates
- Do NOT use food items, such as high-fat food or candy as rewards for good behavior
 - Substitute verbal praise, a fun activity, or stickers
- Parents and other family members should display the above dietary habits for the child

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Nutrition Guidelines (continued)

- Choose proper serving size
 - Young children and inactive girls should choose the lower number of servings from each food group. Most active school-aged children and teen girls, as well as inactive teen boys should choose the middle number of servings. Active teen boys and some very active teen girls should choose the higher number of servings from each food group.

Bread, cereal, rice, pasta, and starchy vegetable group: Choose 6 – 11 servings per day	1 slice whole wheat bread ½ cup cooked whole grain cereal, brown rice or whole wheat pasta ½ cup starchy vegetables (corn, peas or potato) 1 oz whole grain cereal
Fruit Group: <i>2 – 4 servings per day</i>	1 small piece fruit or ½ banana 1 cup fresh fruit such as melon or berries ½ cup canned fruit 4 ounces juice 2 Tbsp dried fruit
Vegetable group: <i>3 – 5 servings per day</i>	½ cup cooked vegetables or vegetable juice 1 cup raw vegetables
Milk, yogurt, and cheese group: <i>2 – 4 servings per day</i>	1 cup skim or 1% milk 1 cup fat-free or low-fat yogurt 1 oz fat-free or reduced-fat cheese
Meat, poultry, fish, dry beans, eggs, and nuts group: <i>2 – 3 servings per day</i>	2-3 oz skinless chicken, turkey or fish ½ cup beans or tofu ¼ cup nuts or 2 Tbsp nut butter ½ cup egg whites or egg substitute
Fats, oils, and sweets group: Use a small amount	1 tsp butter, margarine, mayonnaise, oil or sugar 1 Tbsp salad dressing



Low-Fat, Low-Sugar Nutrition Guidelines ¹⁴

Food Group	Food to Choose More Often	Foods to Limit
Breads, cereals, starches and starchy vegetables	Barley, bulgur, buckwheat (kasha); whole grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole wheat pasta, whole wheat couscous, unflavored oatmeal, winter squash, sweet potatoes, corn, corn tortillas	Biscuits; store brought muffins, croissants, sweet rolls, Danish, and donuts; sugar coated cereals, crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed or scalloped potatoes
Vegetables	Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini	Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables
Fruits	Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, and strawberries	Canned fruit, fruit juices, dried fruit and fried fruits



Low-Fat, Low-Sugar Nutrition Guidelines¹⁵

Food Group	Food to Choose More Often	Foods to Limit
Meat, poultry, fish, dried beans, eggs	Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, and tofu	Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs
Milk, yogurt and cheese	Skim and 1 percent milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or nonnutritive sweetener; fat-free or low-fat cheese and cottage cheese	2 percent and whole milk, 1 percent and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese and cottage cheese
Fats	Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts	Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese, saturated fats such as coconut, palm and palm kernel oils; shortening or lard, sour cream
Sweets	Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles	Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks and fruit leathers
Beverages	Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee	Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, and flavored coffee beverages
Miscellaneous	Catsup, mustard, pickles, salsa, spices, lemon juice	
Snacks (in very limited amounts)	Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies	Chips, buttered popcorn; store bought cakes, cookies and pies; chocolate, sherbet, ice cream, pudding