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Optima Health

Food for Thought

- What foods does your child like?
- What vegetables are most enjoyed?
- How many meals and snacks per day does your child eat?
- What kind of snacks are your child's favorite?
- What activities does your child enjoy?
- How much time does your child spend with TV, computer and video games each day?

Feeding Advice

- Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers.
- Think your drink make it milk at meals and water or 100% fruit juice in between. Limit 100% fruit juice intake to 4-6 oz./day.
- Keep portion sizes small and continue to use child-size plates, cups & silverware.
- Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from. And don't let them snack right before meals.

Be Active

- Encourage 1 hour of active play each day throwing, catching, bike riding, skipping, dancing, jumping, running make physical activity a family routine!
- Enjoy throwing and catching balls with your child.
- Your child may try to hop on one foot!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

lotes:

Child's name _

Height _____ Weight _____

Date _____

BMI _____ percentile _____%



American Academy of Pediatrics DEDICATED TO THE HEALTH OF ALL CHILDREN Ohio Chapter





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