

Proud sponsor of the reproduction and distribution of the Ounce of Prevention Program materials.



**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





The Ounce of Prevention Program is a collaboration of Healthy Ohio; the American Academy of Pediatrics, Ohio Chapter; Ohio Department of Health; Ohio Dietetic Association; Nationwide Children's Hospital and American Dairy Association Mideast. This material is available for reproduction. December 2008