



**fraserhealth**

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## Healthy Eating Keeping Kids at a Healthy Weight

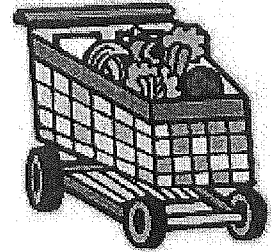
### **Make fruits and vegetables easily available in your home.**

- Keep fruit and vegetables washed and cut up in the fridge for quick snacks. Store in clear plastic containers so that the fruits and vegetables will be seen.
- Keep a bowl of fresh fruit on the table and frozen berries in the freezer.
- Buy (or grow) a wide variety of fruits and vegetables.

### **Limit the types of snack foods and beverages that are available in your home**

Avoid buying chips, candies, cookies, pastries, bars or other junk food on a regular basis when grocery shopping.

Avoid buying pop or sweetened drinks on a regular basis.



### **Allow your child to determine their own portions at meals.**

- Let your child eat as much or as little as they want.
- It is normal for a child's appetite to vary from day to day.

### **Encourage your child to pay attention to his/her body's signals of fullness. Do not insist that your child "clean their plate".**

- Talk to your child about how your body tells you it is hungry, and how your body tells you it has had enough to eat.

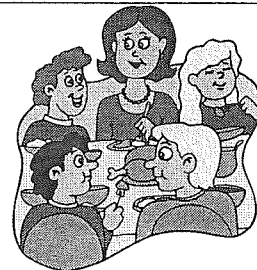
### **Offer smaller portions of food**

- Start the meal with small amounts of food on the plate.
- Allow your child to take seconds if he/she still feels hungry.

### **Family Meals**

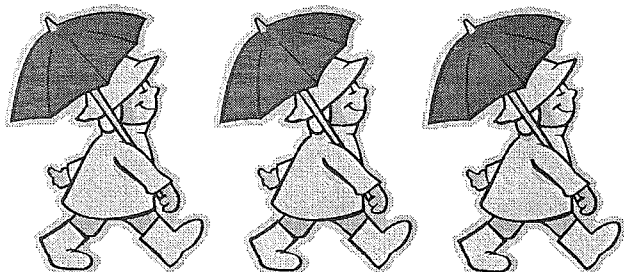
Eat together as a family as often as possible. Families who eat together tend to eat healthier.

Turn off the TV at mealtime. Eating with the TV on can cause overeating.



## Offer encouragement and support for physical activity

- Let your child choose a sport or activity he/she enjoys.
- Become involved. Attend your child's activities, take photos of child being active, help them practice.



Walk to school if possible.

Play outside more often.

Take walks together as a family.

## Limit daily TV, DVD and computer time to one hour or less for preschoolers and two hours or less for school-age kids

- Declare certain days of the week "screen-free" days.
- Do not have children younger than 2 years old watch TV or DVDs.
- Remove TVs from bedrooms.

## Discuss your child's weight with your family doctor or health care provider

- Ask your family physician if your child's weight is within a healthy range.

## Serve as a positive role model for your child. Be active and eat well.

- Go for walks or runs.
- Participate in physical activity regularly.
- Try a new activity.
- Drink milk and water.
- Snack on fruit and vegetables.
- Sit down and enjoy meals together.

*If you have questions about your child's nutrition, please contact a Public Health Nurse at your local Public Health unit, or call Dietitian Services at HealthLink BC (formerly Dial-A-Dietitian) at 8-1-1 and ask to speak to a Registered Dietitian.*

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Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	Newport, Port Moody 604-949-7200
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