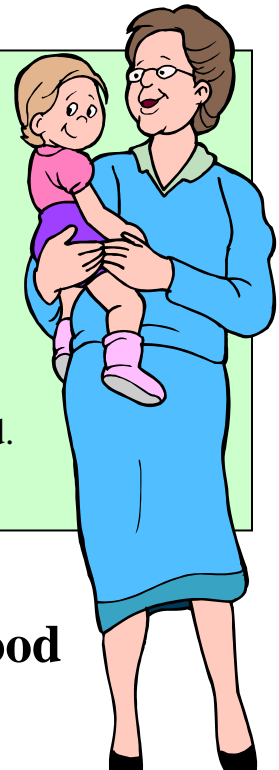




How to Help a Grandchild from Becoming Overweight

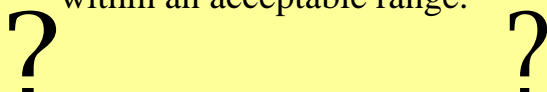
You Play an Important Role

- Be a support and a role model.
- Help teach healthy eating attitudes and habits that will follow them into adulthood.
- Serve a variety of foods that are low in fat and added sugars.
- Encourage physical activity that is healthy for your grandchild.



? Is My Grandchild Overweight? ?

- Children naturally come in a variety of shapes and sizes.
- Factors such as age and gender determine whether he/she is within an acceptable range.
- If you suspect your grandchild is overweight:
Have the primary caregiver of the child check with a healthcare provider to determine if he/she is within an acceptable range.



Risks of Childhood Overweight

- More likely to become an overweight adult.
- Increased risk for developing
 - Type 2 diabetes
 - Cardiovascular disease
 - High blood pressure
 - High blood cholesterol
 - Joint problems
 - Asthma
 - Sleep problems
- Low self-esteem and poor body image



Practical Tips for When the Grandchildren Come to Visit!



Start Small

Choose at least 1 to 2 tips below to improve your grandchild's eating and

Serve a fruit or vegetable at every meal and snack.
½ cup or 1 piece of fruit

Provide water or low-fat (or fat-free) milk more often than soda or sweetened fruit drinks and tea.

Limit fruit juice to no more than 1 cup per day.

Minimize high fat and added sugar foods such as cookies, pies, cakes, candy to only once in a while.

Eat meals together, not in front of the TV.

Reduce time spent watching TV to 1 to 2 hours a day.

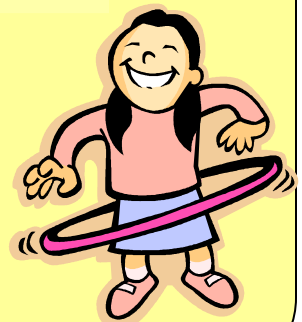
Encourage children to play outdoors – with your supervision for at least an hour.

Resist the urge to reward with food treats!

Non-Food “Treat” Ideas:

Take children to the park, playground, or on a special outing.

Give a new toy for active play indoors or outdoors- hula hoops, dance music, gardening tools, water toys, etc.



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