

Use less fried and fatty foods

Fried and fatty foods are high in calories, so reducing intake will help to control your child's weight. It will also help to keep the heart healthy and reduce the risk of future health problems

- ◆ Bake, boil, grill or steam foods. Use little or no oil or margarine
- ◆ Try no-stick cooking sprays for light frying and sautéing
- ◆ If oil is needed, measure with a tablespoon rather than pouring it straight from the container. Limit deep-fried foods
- ◆ Use a low calorie spread instead of regular butter or margarine - use sparingly
- ◆ Limit mayonnaise and salad dressings or try low fat varieties
- ◆ Use skimmed, 1% or soy milk instead of full fat milk
- ◆ Try low fat cheese and other low fat dairy products, like yogurt
- ◆ Use more fish, including canned fish (drained). Remove the skin from chicken and turkey; trim the fat from meat
- ◆ Try meatless meals with dried peas and beans, or soy products, like granules and chunks
- ◆ Nuts and avocado pear contain fat, so use in moderate amounts
- ◆ Read Nutrition Facts labels for more information on fat content

Offer more water - less juice and soft drinks

As much as possible, avoid beverages and foods high in sugar as they are usually high in calories with little nutritional value

- ◆ **Offer water more often**, including with meals
- ◆ Try coconut water or sparkling mineral water
- ◆ **All** fruit juices contain sugar and so juice, even unsweetened, should be limited to 1 small glass daily (if at all)
- ◆ Limit lemonade, mauby, drink mixes, and home-made fruit drinks
- ◆ Prepare hot beverages with skimmed, 1%, or soy milk and less sugar

Plan meals using the Caribbean food groups

Plan meals using a variety of foods from the Caribbean food groups (see front cover) and remember, sweets and treats can still be part of a healthy diet but should be used sparingly

Mother & Child Nutrition Series



WEIGHT MANAGEMENT - INFORMATION FOR PARENTS

Healthy Children Learn Better:
Eat Well, Stay Active

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WEIGHT MANAGEMENT - INFORMATION FOR PARENTS

Healthy Children Learn Better: Eat Well, Stay Active

Being overweight can affect your child's confidence and self-esteem. Furthermore, being overweight increases your child's risk of developing health problems such as joint pain, diabetes, hypertension and cholesterol at an early age

If you want to help your child reach a healthy weight, then healthy eating, along with regular exercise, should be your goal. Don't worry, you'll be able to adapt your usual meals to make them more healthy and this is a way of eating that is good for all the family, not just your child. Special "diet" foods are not usually necessary

Never use food as a reward. Instead, reward your child with something physical and fun. And, bear in mind that one of the common obstacles to weight management is eating when bored, so try to keep your child active and occupied!

What are some of the main changes you can make?

- ✓ Encourage regular exercise, 1 hour daily if possible
- ✓ Limit leisure screen time to 2 hours (or less) daily
- ✓ Plan regular small meals, with sensible snacks included
- ✓ Choose nutritious snacks more often
- ✓ Serve fruits and vegetables every day
- ✓ Use less fried and fatty foods
- ✓ Offer more water - less juice and soft drinks
- ✓ Plan meals using the Caribbean food groups

Encourage regular exercise, 1 hour daily if possible

Encourage your child to walk, cycle, swim, dance, try martial arts, or join a gym. Aim for 60 minutes exercise every day, at least 4 - 5 times each week.

Limit leisure screen time to 2 hours (or less) daily

Try to limit time spent watching television, playing video games, or on the computer (except for school work) to no more than 2 hours daily.

Plan regular small meals, with nutritious snacks included

Plan regular small meals, with nutritious snacks included. Do not allow your child to skip meals, especially breakfast, but remember that children's appetites do vary. Prepare plates in the kitchen and serve meals at the table

Choose nutritious snacks more often

Between-meal snacks can help to control appetite. Make sure that nutritious snacks are readily available at home and limit pocket money at school.

Ideas for snacks include fruit, fruit cups, dried fruit, whole grain crackers with low fat cheese or nut butter, low fat yogurt, whole grain, low sugar cereal, nuts or trail mix, skimmed, 1%, or soy milk.

Read **Nutrition Facts** labels and limit commercial snack foods ('junk') to no more than 1 serving daily and less than 100 calories.

Serve fruits and vegetables every day

Fruits and vegetables are nutritious. They are high in fibre, which gives bulk to meals and is useful for weight management. Fibre also helps to prevent constipation.

- ◆ Aim for 2 - 4 servings of fruits and 3 - 5 servings of vegetables daily, with the skins whenever possible
- ◆ Offer fruit for snacks, including dried and canned fruits
- ◆ Serve more vegetables with meals – steam, grill, stir-fry, salads