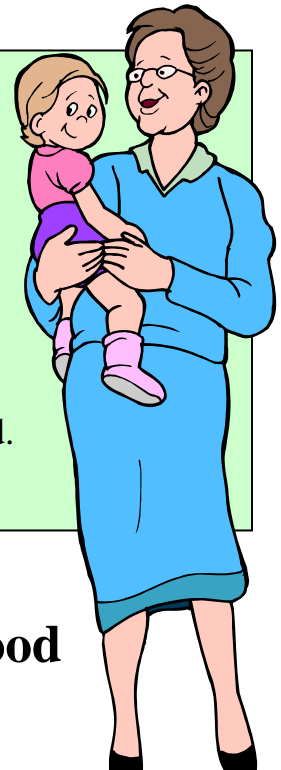




## How to Help a Grandchild from Becoming Overweight

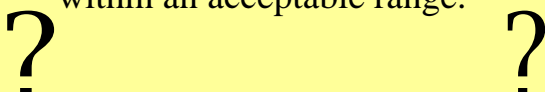
### You Play an Important Role

- 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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